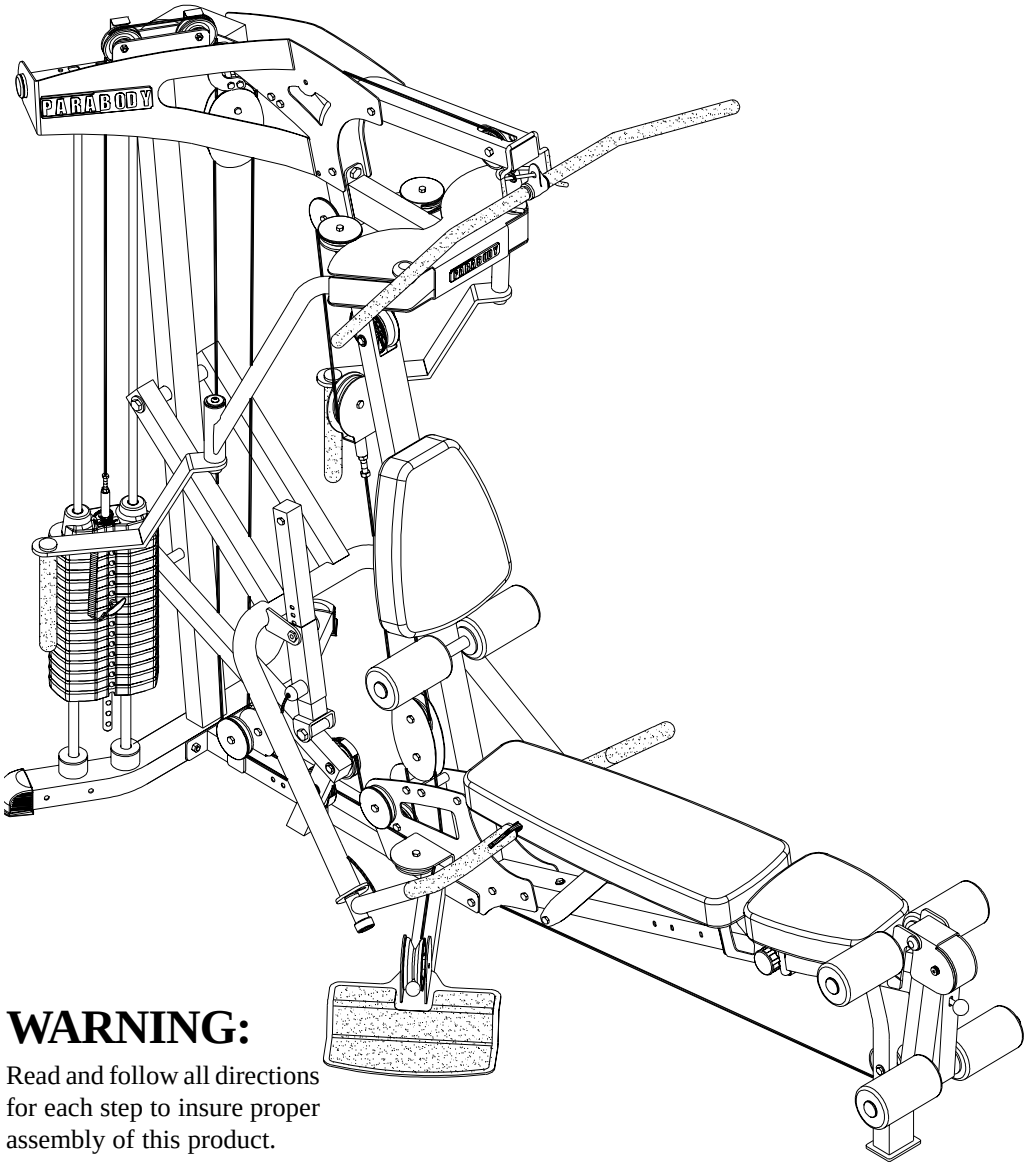
PARABODY®

GS6 GYM SYSTEM



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

USER'S GUIDE

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IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES**!**

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

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NOTE: In a continual effort to improve our products, specifications are subject to change

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www.parabody.com

IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody GS6 Gym System. Please read these instructions thoroughly and keep them for future reference.

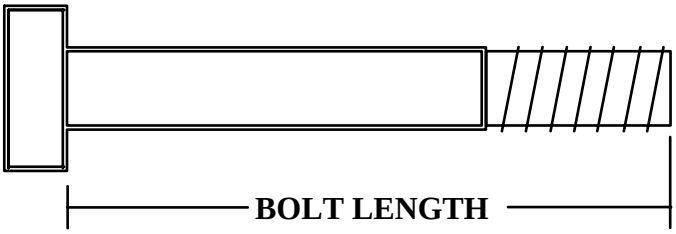
* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

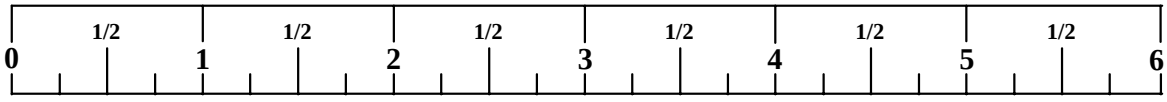
* Rubber mallet or hammer
* 3/4” wrench
* 9/16” wrench
* Ratchet with 3/4” and 9/16” sockets
* 5/32” Allen wrench
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



COMPONENTS PARTS LIST

KEY	PAR T #	DESCRIPTION	QTY
A	ACU04-1528	BASE	1
B	ACU02-1526	BASE PLATE	2
C	ACU02-1451	3-1/2" PULLEY GUARD	9
D	ACU04-1529A	REAR FRAME	1
E	ACU04-1530	FRONT FRAME	1
F	ACU04-1532	FOOT ASSEMBLY	1
G	ACU04-1533	PRESS ARM ADJUSTMENT	1
H	ACU04-1534	LEG EXTENSION HOLDER	1
I	ACU04-1535	PRESS ARM	1
J	ACU04-1536	BENCH TUBE	1
K	ACU02-1523	BENCH BRACE	1
L	ACU02-1071	FLOATING PULLEY PLATE	4
M	ACU04-1528	SEAT ADJUST	1
N	ACU02-1524	SEAT HINGE	2
O	ACU04-1539	SEAT SUPPORT BRACKET	1
P	ACU04-1551	PEC FLY HANDLE	2
Q	ACU04-1541	LEFT PRESS ARM HANDLE	1
R	ACU04-1542B	RIGHT PRESS ARM HANDLE	1
S	ACU04-1543	LEFT PEC FLY ARM	1
T	ACU04-1544	RIGHT PEC FLY ARM	1
U	ACU04-1545	PEC FLY MOUNT	1
V	ACU04-1531	BACKING PLATE	1
W	ACU04-1546	FLOATING PULLEY BRACKET	1
X	ACU04-1547A	RIGHT TOP ASSEMBLY	1
Y	ACU02-1525	LEFT TOP PLATE	1
Z	ACU04-1342	LONG "L" CABLE BRACE	1
AA	ACU02-0055	L CABLE RETAINER	2
AB	ACU01-2009A	3/4 X 19-1/2" TUBE	1
AC	ACU01-2249A	34/ X 19-7/8 "L" TUBE	1
AD	ACU04-1548B	LEG PEDESTAL	1
AE	ACU04-1549	PRESS LOAD ARM	1
AF	ACU04-1537	SEAT FRAME	1
AG	ACU04-1540	PIVOT ASSEMBLY	1
AH	ACU04-1550	PRESS ARM ADJUST. TUBE	1
AI	ACU01-2247A	GUIDE ROD	2
AJ	ACU04-1165	WEIGHT STACK SPACER	2
AK	ACU10-0204ASY	HEAD PLATE ASSEMBLY	1
AL	ACU10-0216	LAT BAR	1
AM	ACU04-1386	LOW ROW BAR	1
AN	ACU04-0622	1" WEIGHT STACK CUSHION	2
AO	ACU06-0047	BUMPER 25/32h	2
AP	ACU06-0429	BACK PAD	1
AQ	ACU07-0135	SEAT PAD	1
AR	ACU07-0168	BENCH PAD	1
	AC07-0169		

KEY	PART #	DESCRIPTION	QTY
AS	ACU-10-2069	4 X 7" ROLLER PAD	**6**
AT	ACU12-0005	AB STRAP	**1**
AU	ACU12-0041	ANKLE STRAP	**1**
AV	ACU13-0150	LAT CABLE 114-1/4"	**1**
AW	ACU13-0151	LOW CABLE 290-1/2"	**1**
AX	ACU13-0152	PEC FLY CABLE 79-1/4"	**1**
AY	ACU13-0153	AB CRUNCH CABLE 72"	**1**
AZ	ACU-7308601	WEIGHT STACK LABEL	**1**
BA	ACU06-0304	2" WEIGHT STACK CUSHION	**2**

HARDWARE PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	ACUDA1E012101213NB	HEX BOLT 1/2 X 10-1/2	1
2	ACUDA1E01271413NB	HEX BOLT 1/2 X 7-1/4	1
3	ACUDA1E01260013NB	HEX BOLT 1/2 X 6	2
4	ACUDA1E01241413NB	HEX BOLT 1/2 X 4-1/4	1
5	ACUDA1C01209213NB	HEX BOLT 1/2 X 92mm	2
6	ACUDA1E01231213NB	HEX BOLT 1/2 X 3-1/2	1
7	ACUDA1E01230013NB	HEX BOLT 1/2 X 3	2
8	ACUDA1C01210413NB	HEX BOLT 1/2 X 104mm	1
9	ACUDA1E03853416NB	HEX BOLT 3/8 X 5-3/4	1
10	ACUDA1E03840016NB	HEX BOLT 3/8 X 4	3
11	ACUDA1E03833416NB	HEX BOLT 3/8 X 3-3/4	20
12	ACUDA1E03831216NB	HEX BOLT 3/8 X 3-1/2	1
13	ACUDA1E03831416NB	HEX BOLT 3/8 X 3-1/4	1
14	ACUDA1E03830016NB	HEX BOLT 3/8 X 3	5
15	ACUDA1E03823416NB	HEX BOLT 3/8 X 2-3/4	7
16	ACUDA1E03820016NB	HEX BOLT 3/8 X 2	2
17	ACUDA1E03813416NB	HEX BOLT 3/8 X 1-3/4	7
18	ACUDA1E03811416NB	HEX BOLT 3/8 X 1-1/4	2
19	ACUDA1E03801216NB	HEX BOLT 3/8 X 1/2	1
20	ACUDAEE01203413YB	BTN HEAD 1/2 X 3/4	2
21	ACUDC1340130030B	1/2 X 1-11/32 WASHER	2
22	ACUDC126013020B	1/2 X 1-1/32 WASHER	3
23	ACUDC1250100020B	3/8 WASHER	14
24	ACDC417010020B	SPRING WASHER	1
25	ACU05-0311	SHIM WASHER	6
26	ACUDB2E01212000B	LOCK NUT 1/2 X 15/32	6
27	ACUDB2E01208000B	LOCK NUT 1/2 X 5/16	7
28	ACUDB2E03811000B	3/8 LOCK NUT	45
29	ACU05-0384	3/4 JAM NUT	2
30	ACU05-0381	SPACER 15/16 LG	5
31	ACU05-0385	SPACER 3/8 LG	1
32	ACU05-0386	SPACER 7/16 LG	1
33	ACU05-0387	SPACER 13/32 LG	1
34	ACU05-0388	SPACER 5-15/16 LG	1
35	ACU05-0389	SPACER 3 LG	2
36	ACU05-0390	SPACER 1/4 LG	2
37	ACU05-0212	COLLAR	2
38	ACU05-0193	CHAIN	1
39	ACUD1108008OU	SNAP LINK	4
40	ACU08-0066	STEP SPACER 1-1/16 LG	4
41	ACU08-0077	STEP SPACER 15/16 LG	2
42	ACU08-0085	STEP SPACER 19/32 LG	2
43	ACU05-0292	SOCKET WRENCH	1
44	ACU05-0036	STARLOCK COLLAR	6
45	ACU06-0357	RH CAP	6
46	ACU06-0358	PLASTIC SLEEVE 2 LG	2
47	ACU06-0375	PLASTIC SLEEVE 2-29/32 LG	4
48	ACU06-0363	3/4 PLASTIC WASHER	12
49	ACU06-0024	3-1/2 PULLEY	20
50	ACU06-0025	4-1/2 PULLEY	2
51	ACU06-0360	V PULLEY	2
52	ACUDAE103821416NB	HEX BOLT 3/8 X 2-1/4	2

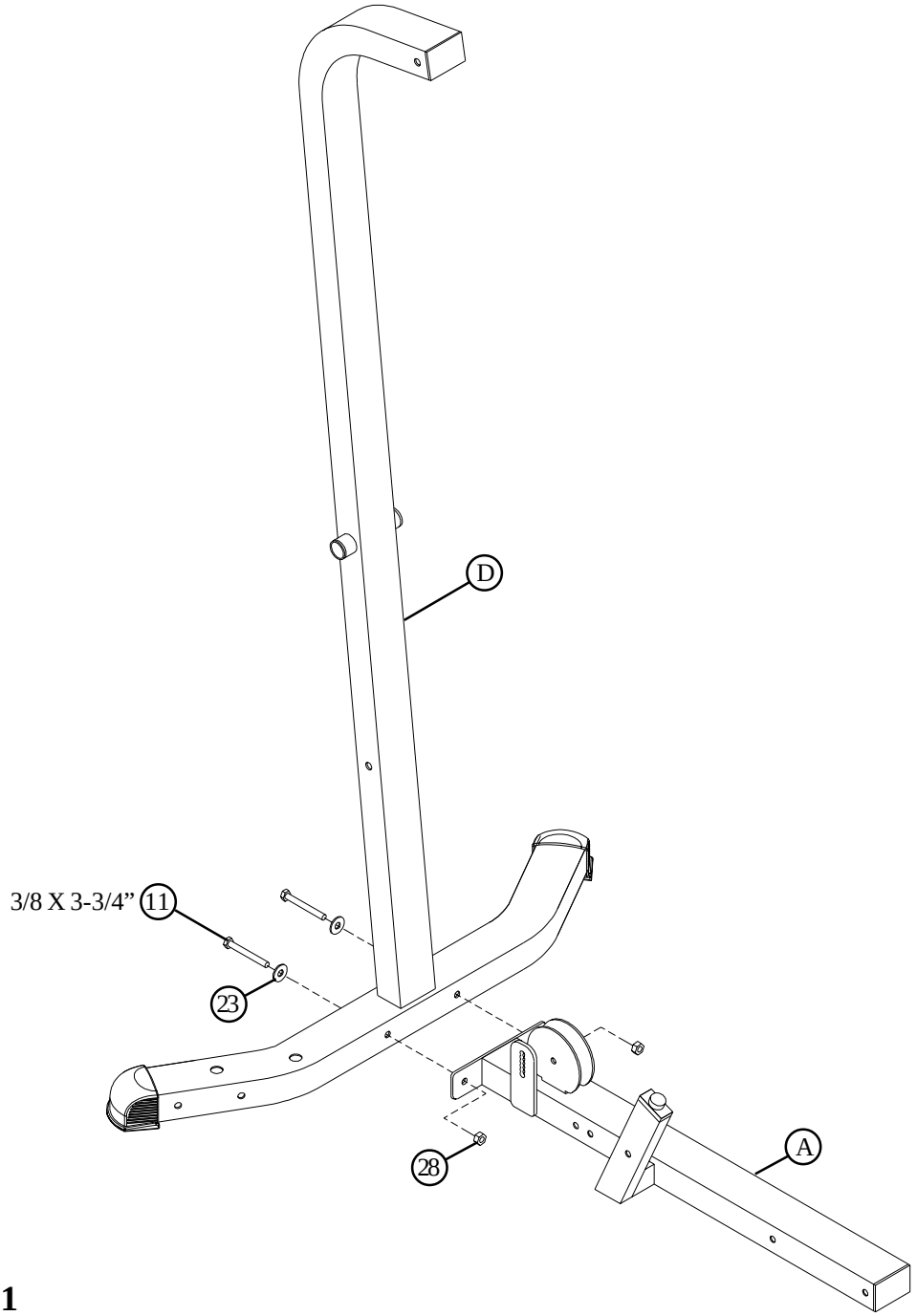
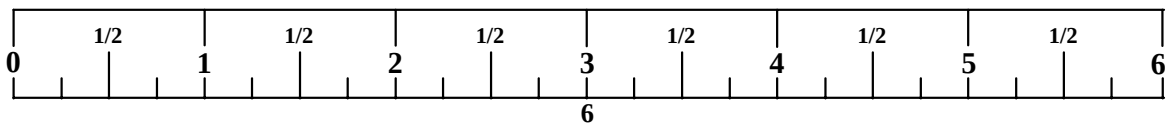


FIGURE 1

STEP 1:

- **SECURELY** assemble the REAR FRAME (D) to the BASE (A) using two 3/8 X 3-3/4" BOLTS (11), two 3/8" WASHERS (23) and two 3/8" LOCK NUTS (28) as shown in FIGURE 1.



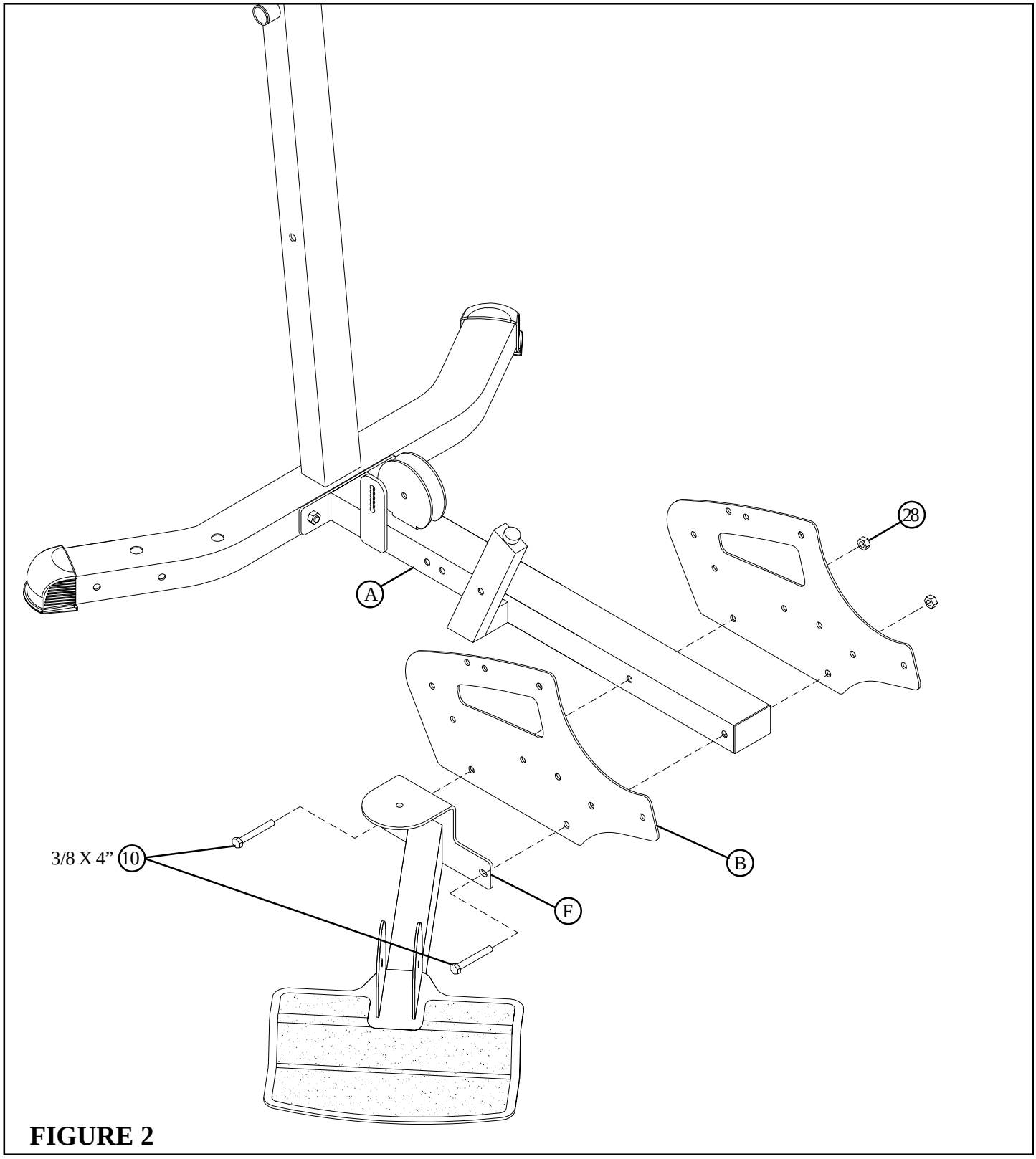
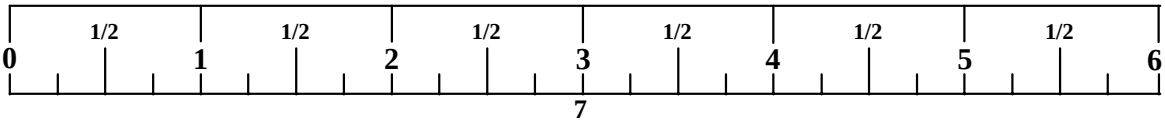


FIGURE 2

STEP 2:

- **LOOSELY** assemble two BASE PLATES (B) and the FOOT ASSEMBLY (F) to the BASE (A) using two 3/8 X 4” BOLTS (10) and two 3/8” LOCK NUTS (28). See FIGURE 2.



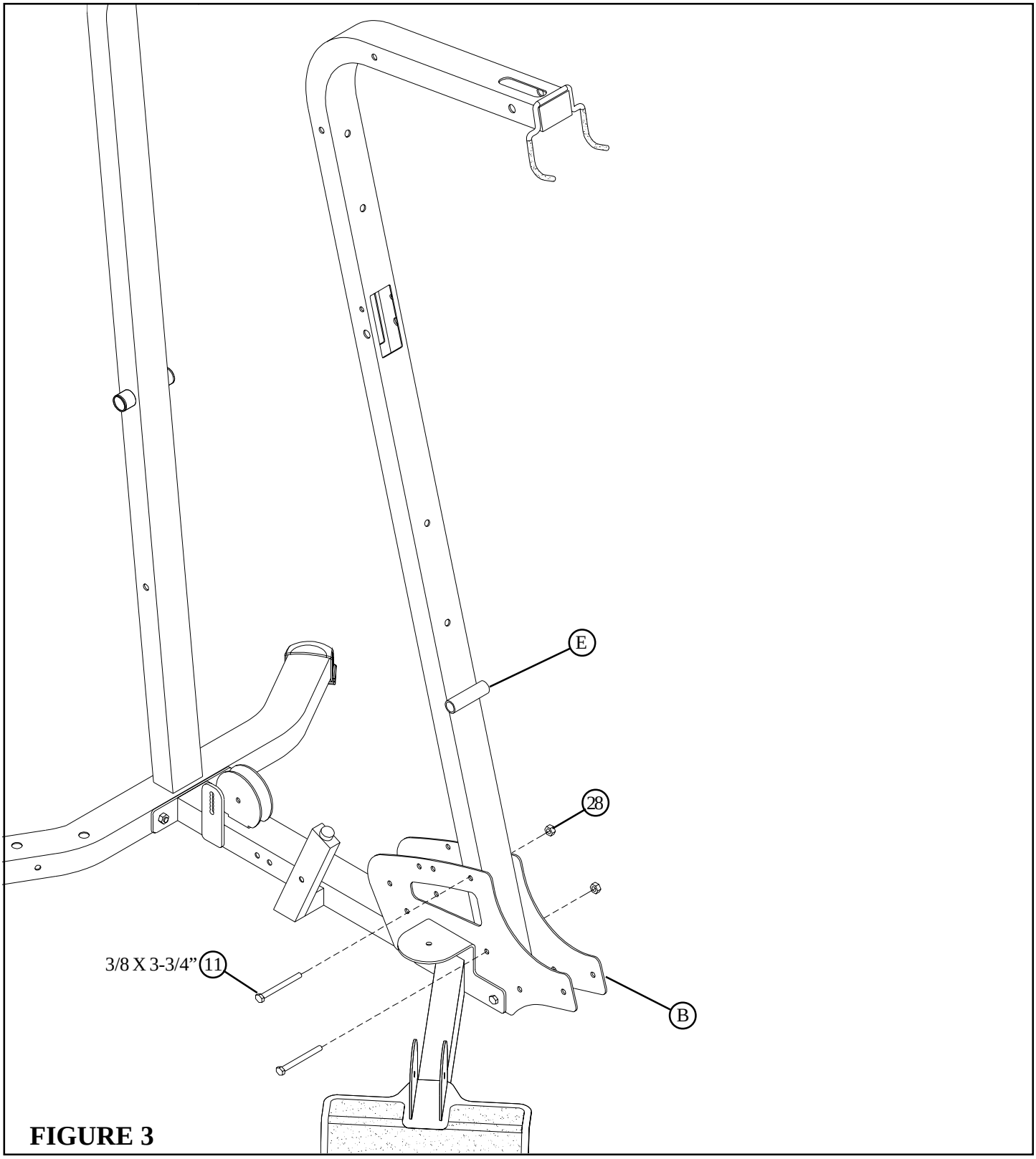


FIGURE 3

STEP 3:

- **SECURELY** assemble the FRONT FRAME (E) to the BASE PLATES (B) using two 3/8 X 3-3/4" BOLTS (11) and two 3/8" LOCK NUTS (28) as shown in FIGURE 3.

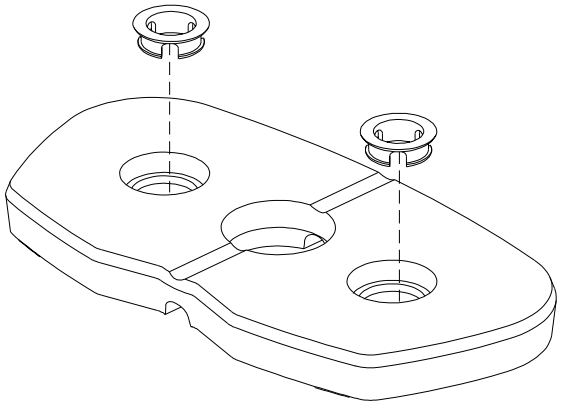


FIGURE 4

• **CHECK THAT THE HEADPLATE AND WEIGHT PLATES ARE ASSEMBLED AS SHOWN IN FIGURES 4 & 5**

FIGURE 5

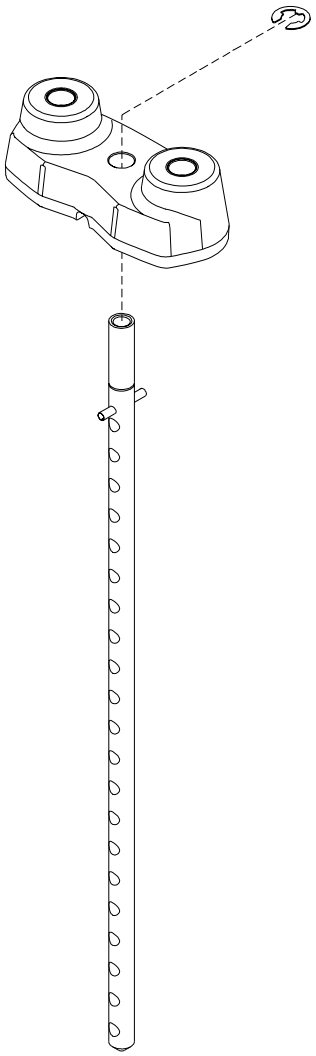
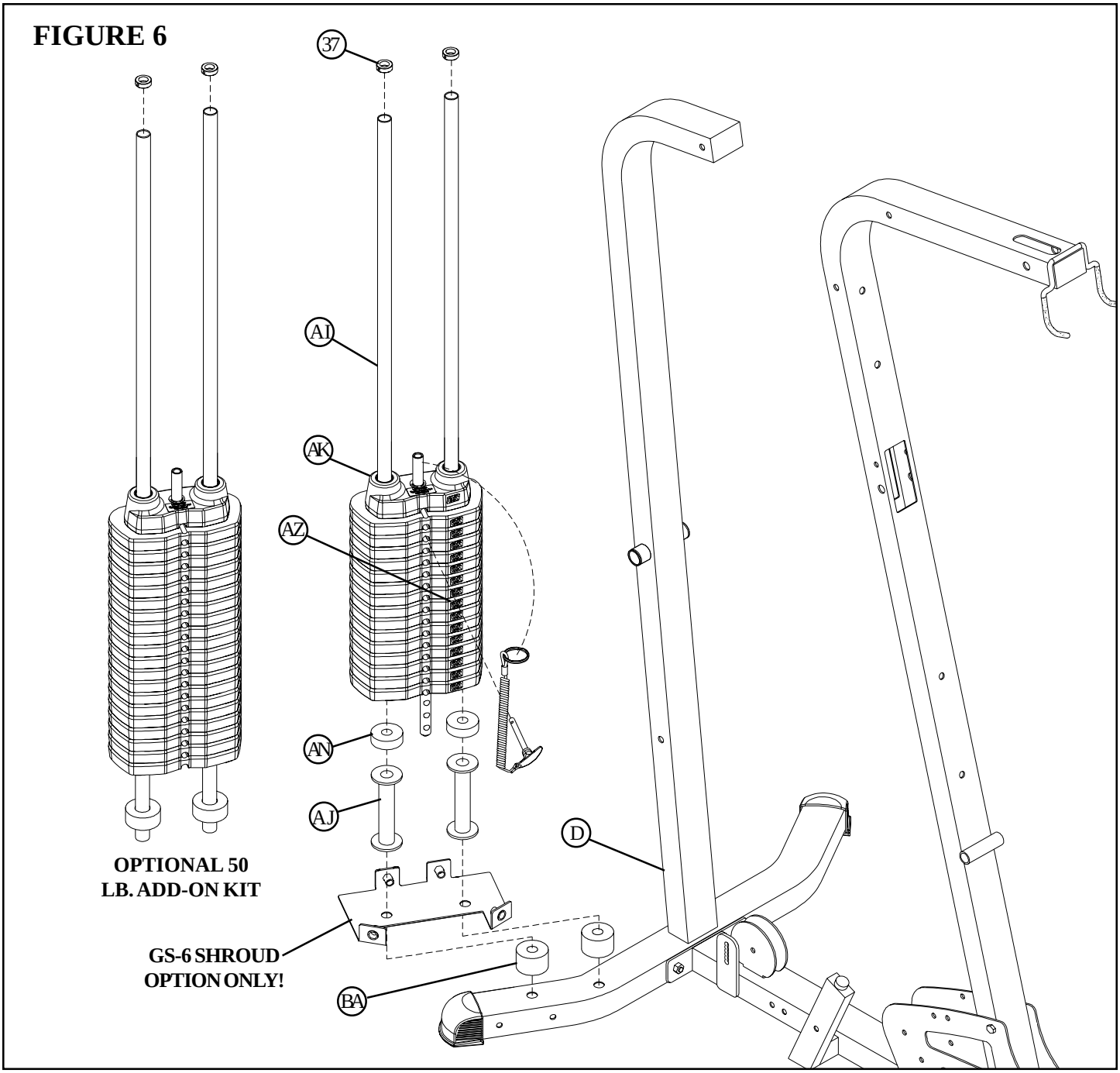


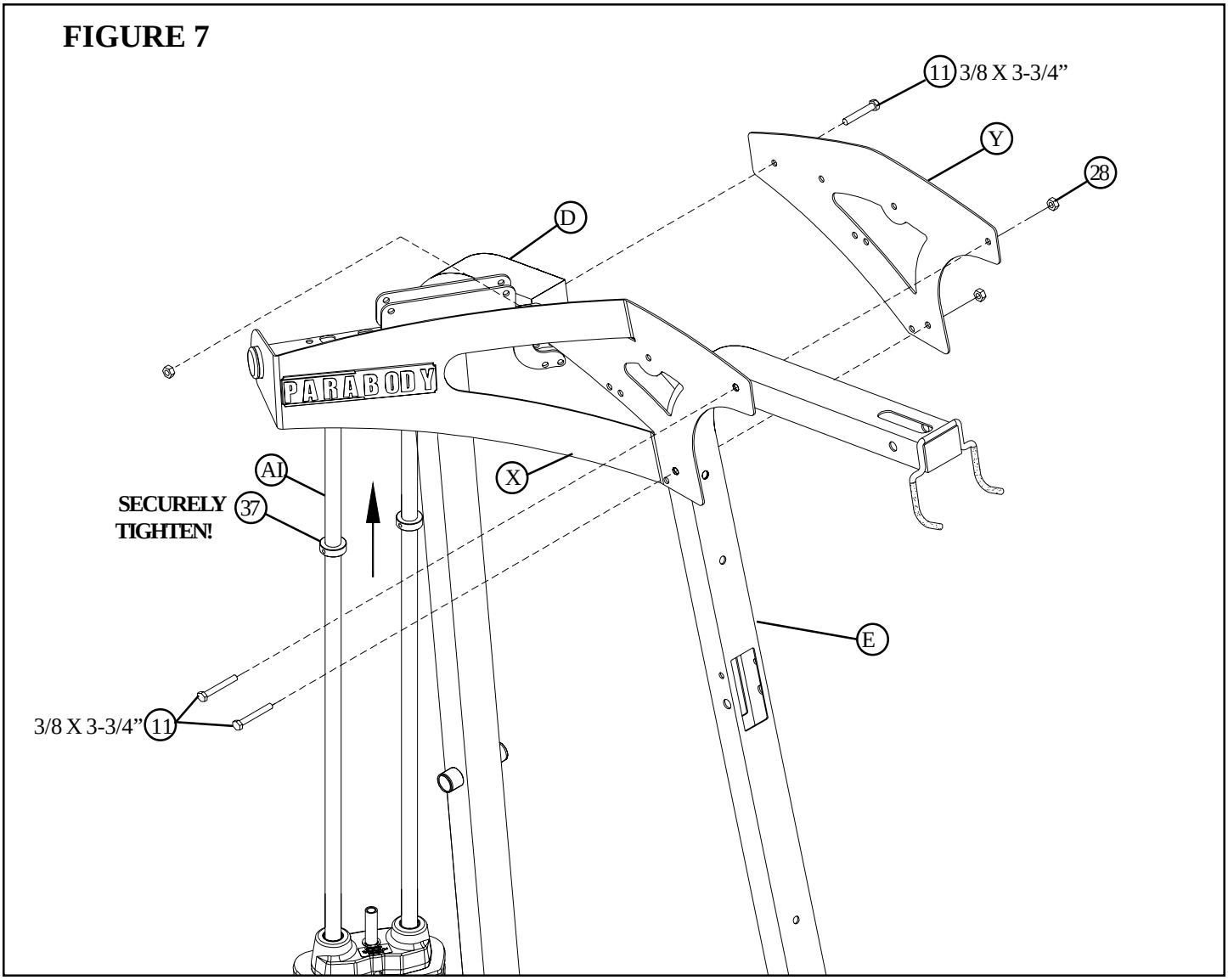
FIGURE 6



STEP 6:

- Insert two GUIDE RODS (AI) and two 2" WEIGHT STACK CUSHIONS (BA) into the REAR FRAME (O) as shown on FIGURE 6. **(NOTE: If theGS-6 SHROUD OPTION was purchased, place the GUIDE RODS (AI) through the BOTTOM SHROUD BRACKET (found in SHROUD OPTION box) and into the REAR FRAME (D) as shown in FIGURE 6.**
- **(NOTE: Lubricate GUIDE RODS (AI) with silicon or teflon spray available at most hardware stores.)**
- Slide two WEIGHT STACK SPACERS (AJ), and two 1" WEIGHT STACK CUSHIONS (AN) down over the GUIDE RODS (AI).
- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES **(NOTE: If 50-LB. ADD-ON KIT was purchased, slide twenty WEIGHT PLATES and discard the two WEIGHT STACK SPACERS (AJ) and refer to the 50 LB. ADD-ON Kit instructions)** down over the GUIDE RODS (AI) on to the 1" & 2" WEIGHT STACK CUSHIONS (AN & BA). Make sure that the WEIGHT PLATES are all facing as shown.
- Slide the HEAD PLATE ASSEMBLY (AK) down over the GUIDE RODS (AI) onto the weight stack.
- Slide two SHAFT COLLARS (37) over the GUIDE RODS (AI) as shown in FIGURE 6.
- Apply WEIGHT STACK LABELS (AZ) to WEIGHT PLATES and HEAD PLATE ASSEMBLY (AK) as shown in FIGURE 6. Begin with number one at the HEAD PLATE (AK) with larger numbers in consecutive order towards bottom of weight stack.

FIGURE 7



STEP 7:

- Swing the GUIDE RODS (AI) into the guide rod bushings in the RIGHT TOP ASSEMBLY (Y) as shown in FIGURE 7.
- **LOOSELY** assemble the RIGHT TOP ASSEMBLY (Y) and the LEFT TOP PLATE (Y) to the REAR FRAME (D) and the FRONT FRAME (E) using three 3/8 X 3-3/4” BOLTS (11) and three 3/8” LOCK NUTS (28). See FIGURE 7.
- **SECURELY TIGHTEN** top of both SHAFT COLLARS (37) flush to bottom of the RIGHT TOP ASSEMBLY (X)as shown in FIGURE 7.

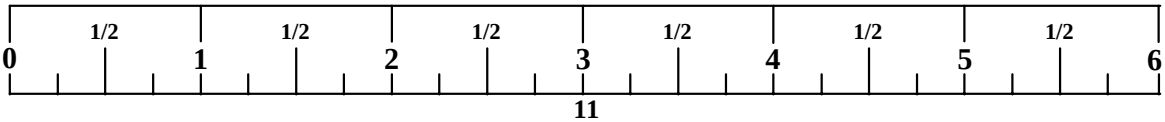
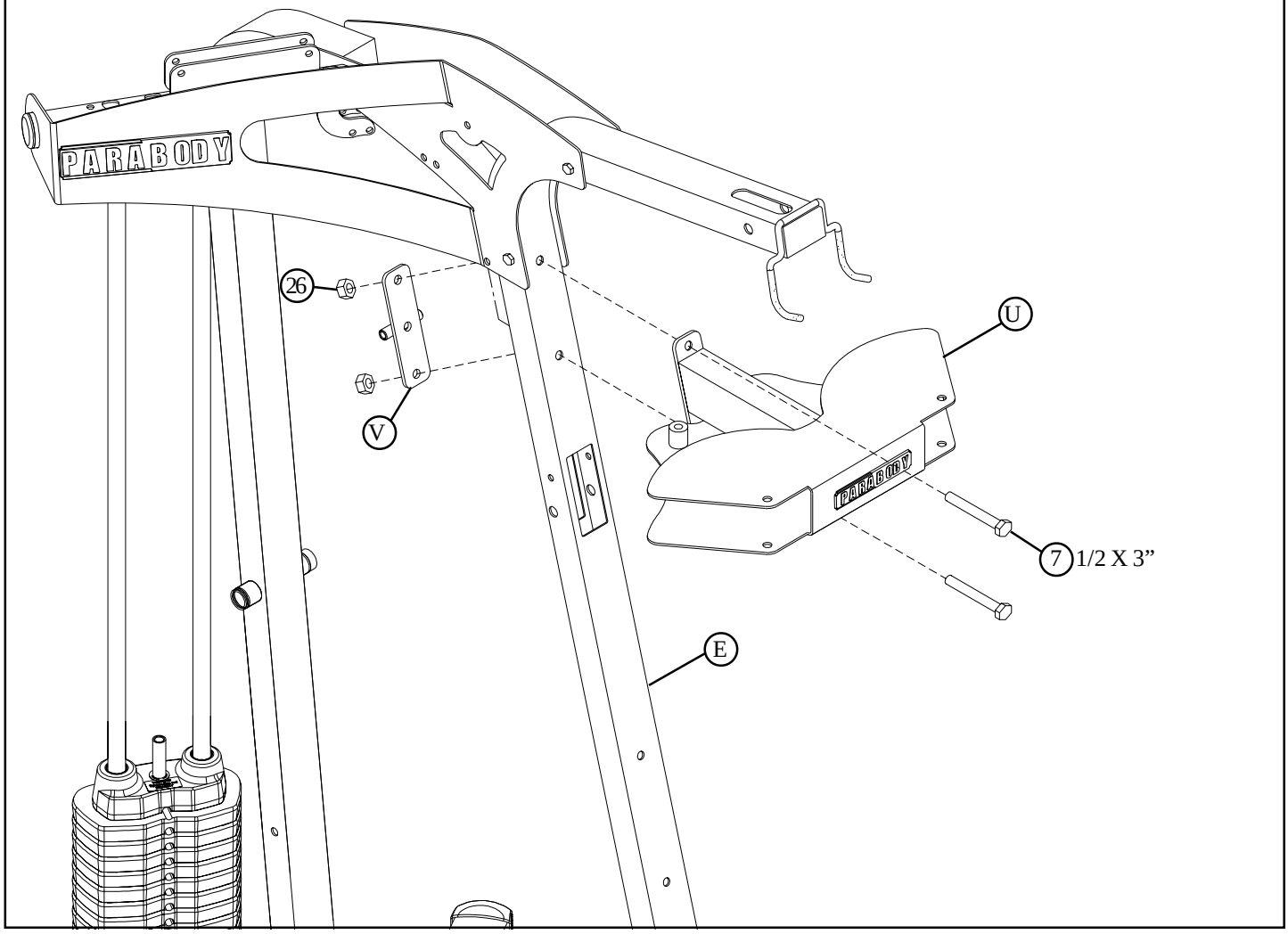


FIGURE 8



STEP 8:

- **SECURELY** assemble the PEC FLY MOUNT (U) and BACKING PLATE (V) to the FRONT FRAME (E) using two 1/2 X 3” BOLTS (7) and two 1/2” LOCK NUTS (26) as shown in FIGURE 8.

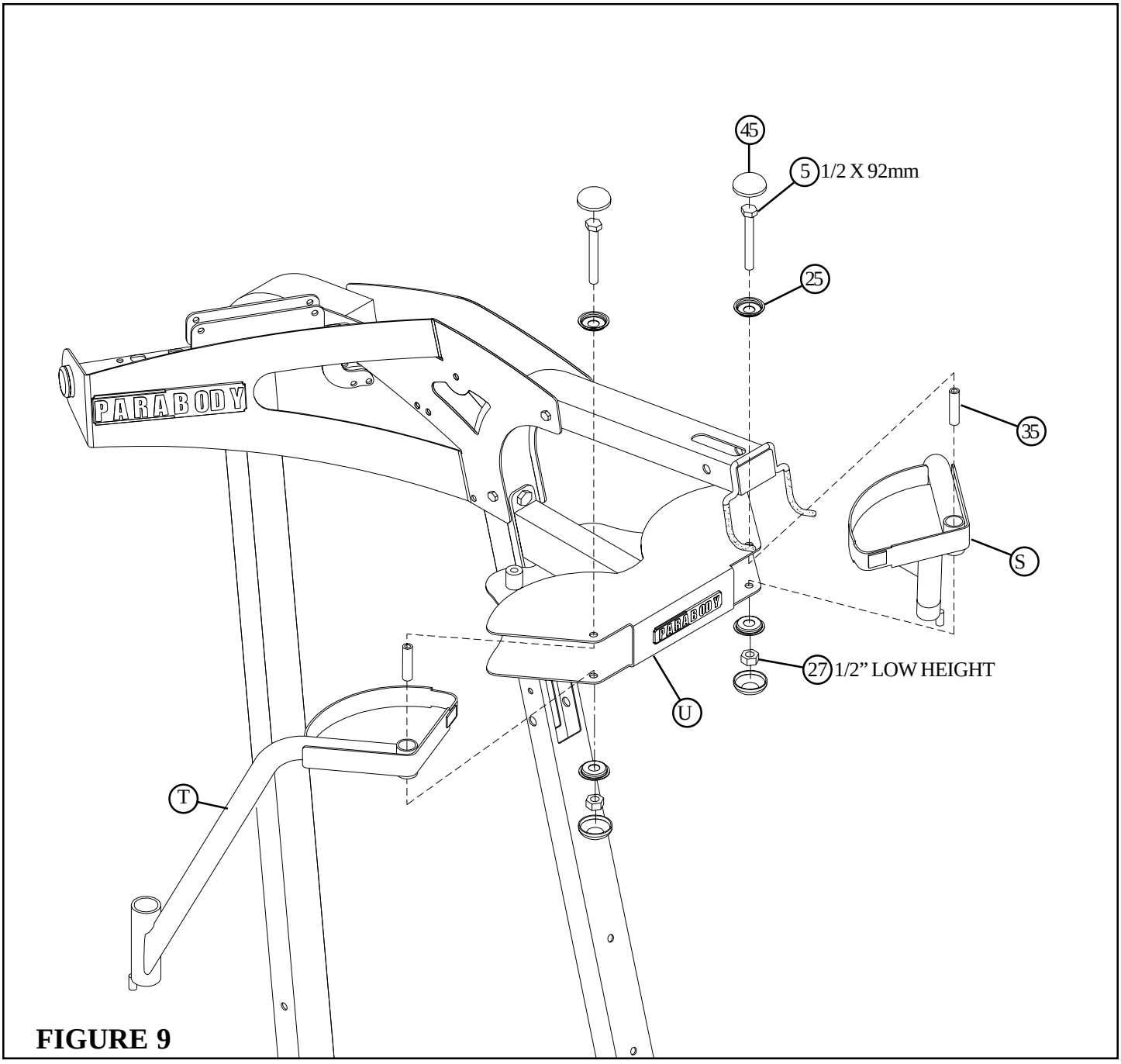


FIGURE 9

STEP 9:

- Assemble the RIGHT PEC FLY ARM (T) and LEFT PEC FLY ARM (S) to the PEC FLY MOUNT (U) using two 1/2 X 92mm BOLTS (5), two 3" LONG SPACERS (35), four SHIM WASHERS (25), two 1/2" LOW HEIGHT LOCK NUTS (27) and four RH CAPS (45) as shown in FIGURE 9.

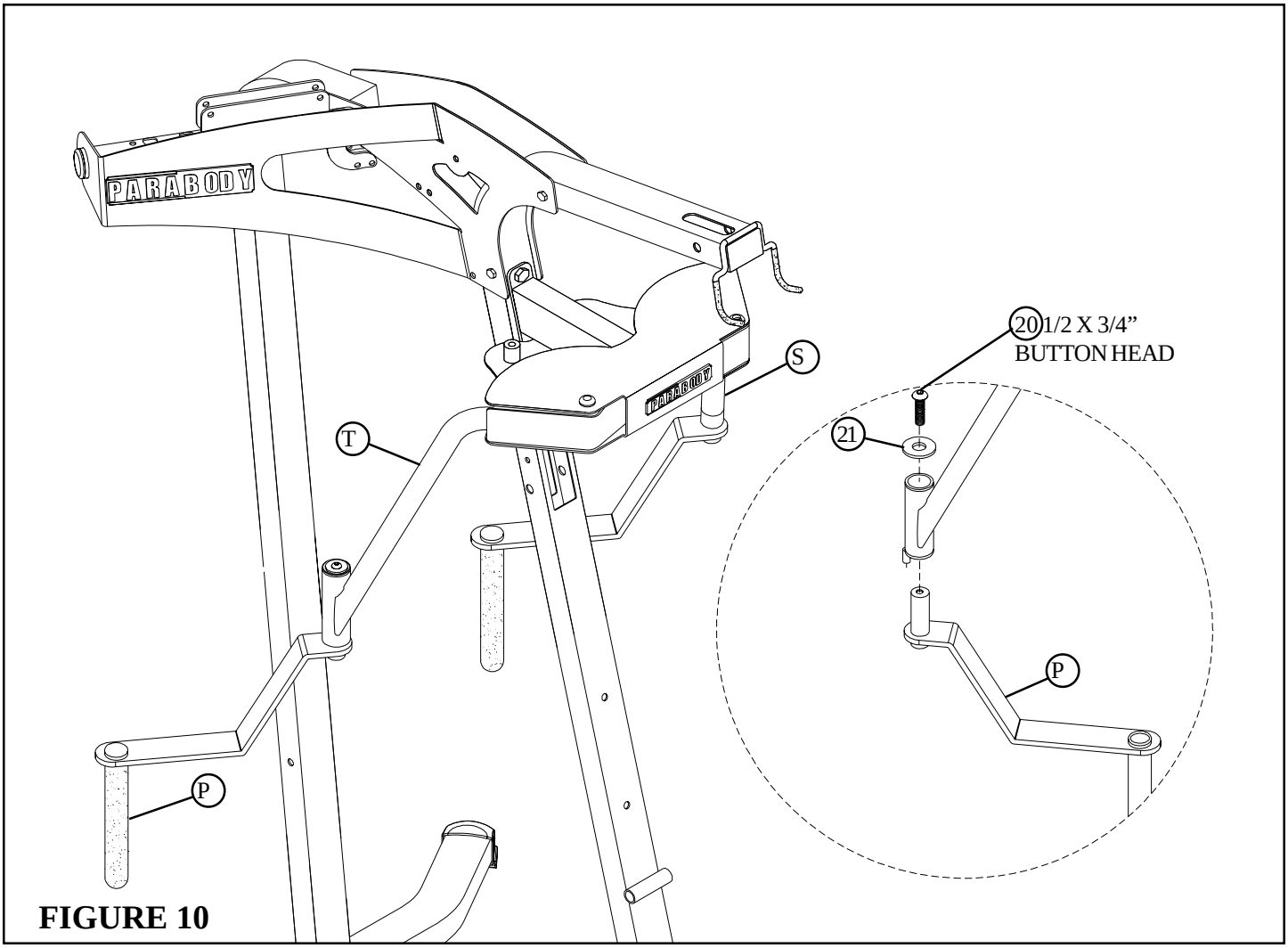


FIGURE 10

STEP 10:

- Assemble the PEC HANDLE (P) to the LEFT PEC FLY ARM (S) using one 1/2 X 3/4" BUTTON HEAD BOLT (20) and on 1/2" WASHER (21) as shown in FIGURE 10.

- Assemble the PEC HANDLE (P) to the RIGHT PEC FLY ARM (T) using one 1/2 X 3/4" BUTTON HEAD BOLT (20) and on 1/2" WASHER (21) as shown in FIGURE 10.

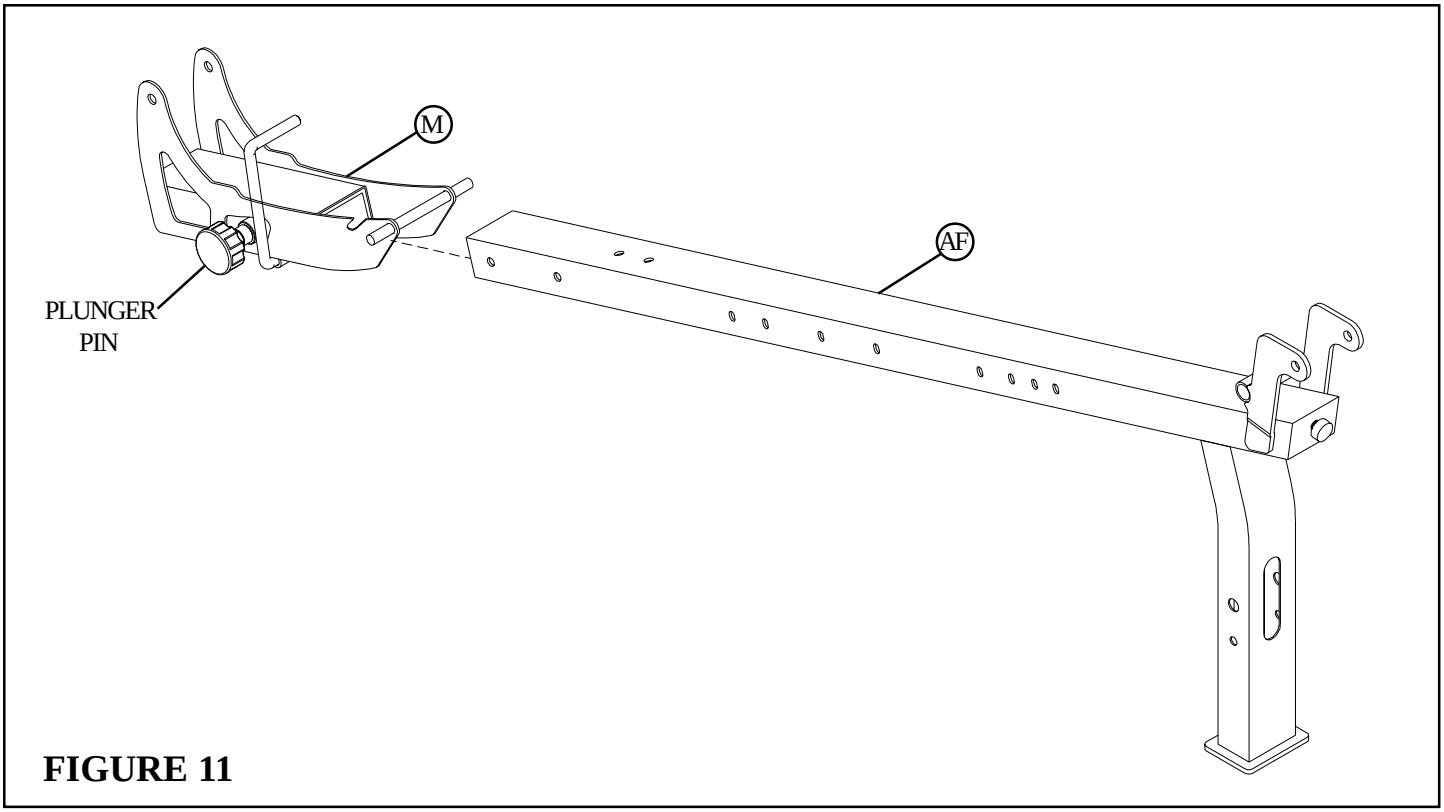


FIGURE 11

STEP 11:

- **CAREFULLY** slide the SEAT ADJUST (M) onto the SEAT FRAME (AF) as shown. The SEAT can be adjusted and tightened using the PLUNGER PIN.

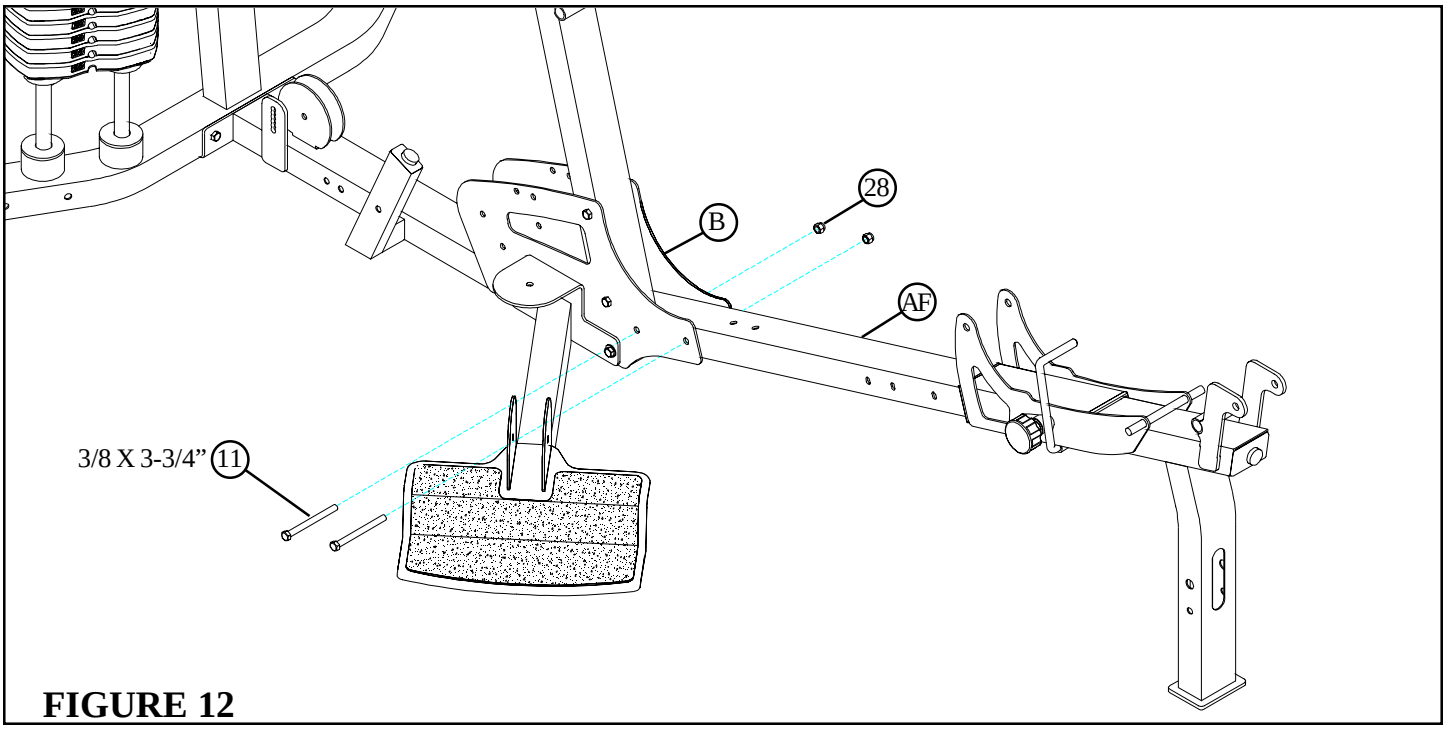


FIGURE 12

STEP 12:

- **SECURELY** assemble the SEAT FRAME (AF) to the BASE PLATES (B) using two 3/8 X 3-3/4" BOLTS (11) and two 3/8" LOCK NUTS (28) as shown in FIGURE 12.

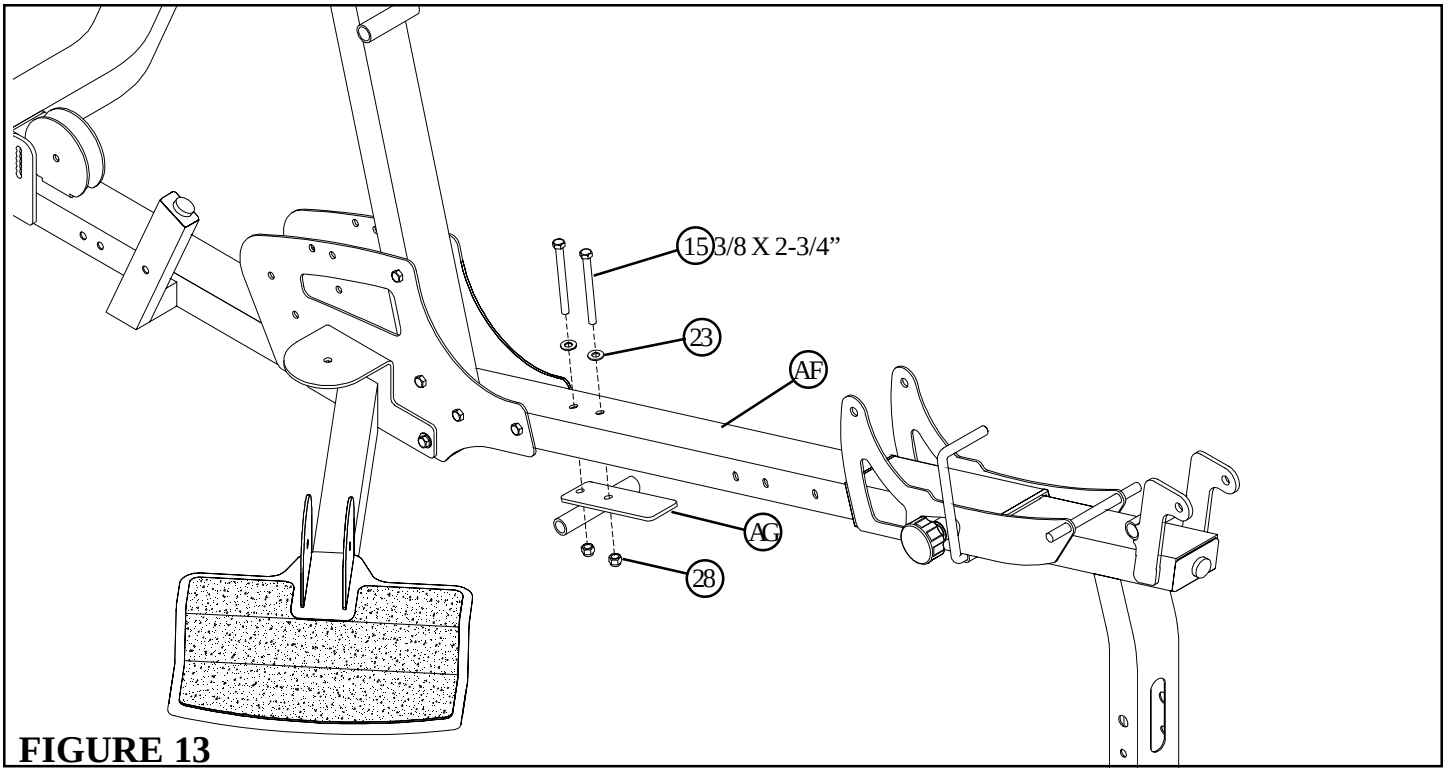
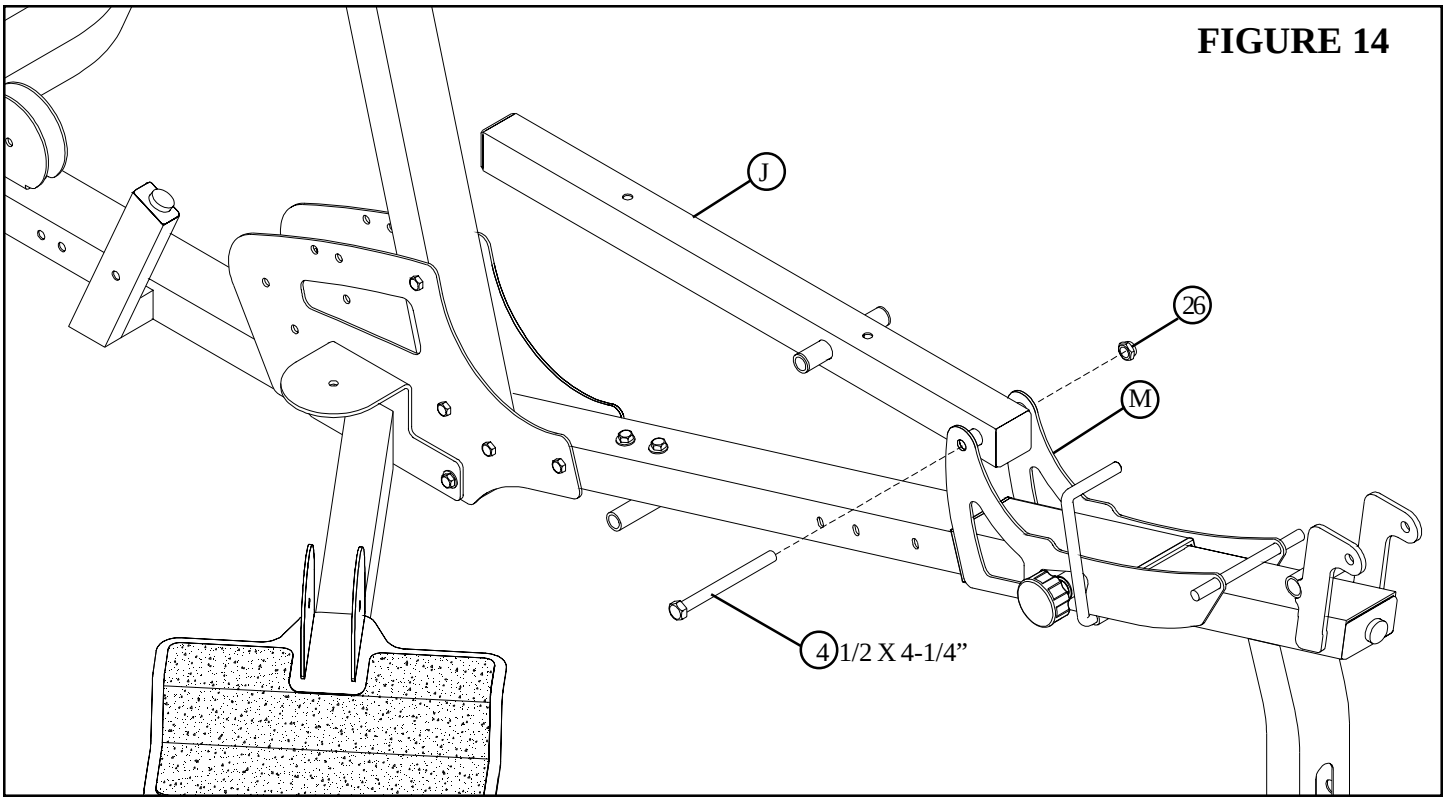


FIGURE 13

STEP 13:

- **SECURELY** assemble the PIVOT ASSEMBLY (AG) to the SEAT FRAME (AF) using two 3/8 X 2-3/4” BOLTS (15), two 3/8” WASHERS (23) and two 3/8” LOCK NUTS (28) as shown in FIGURE 13.

FIGURE 14



STEP 14:

- Assemble the BENCH TUBE (J) to the SEAT ADJUST (M) using one 1/2 X 4-1/4” BOLT (4) and one 1/2” LOCK NUT (26). **(Note: Tighten this connection enough to remove excess play yet allow the BENCH TUBE to rotate freely.)**

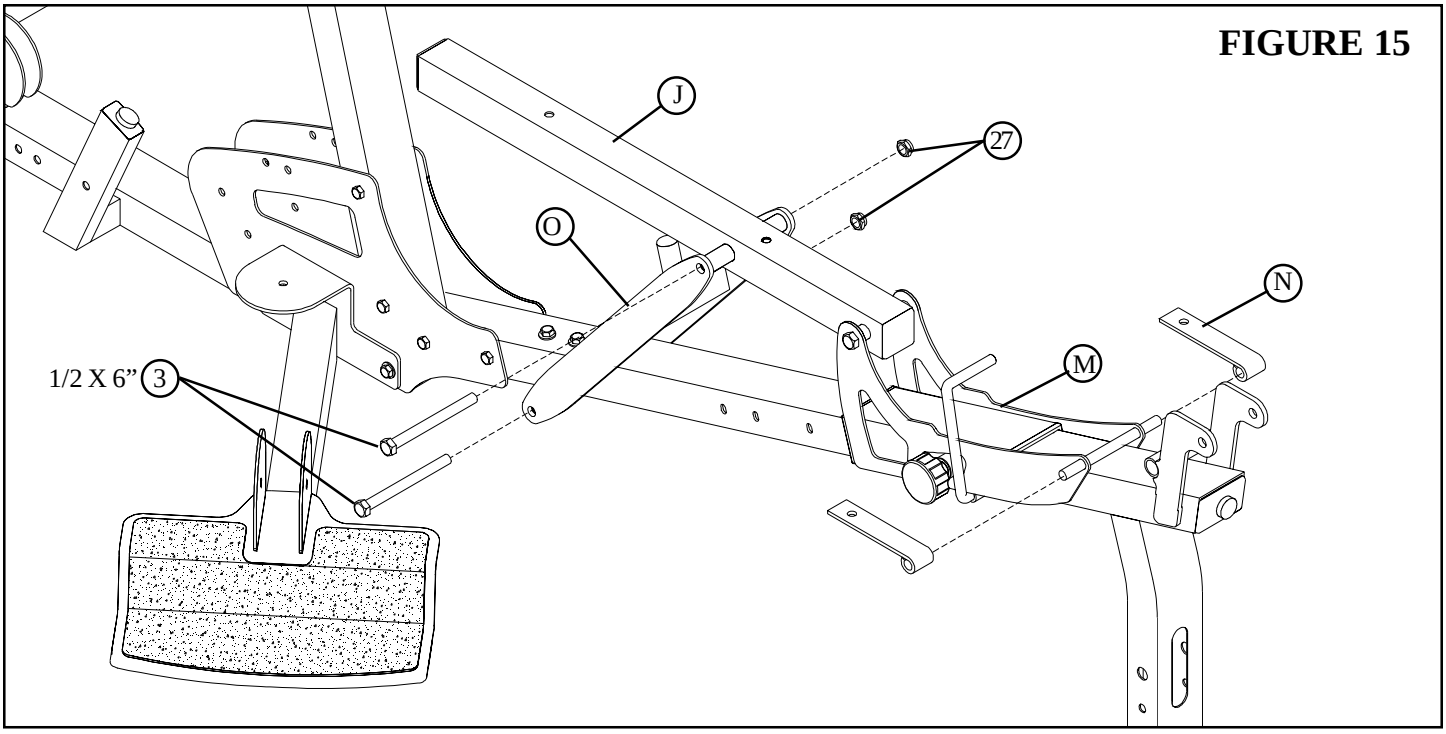


FIGURE 15

STEP 15:

- Assemble the SEAT SUPPORT BRACKET (O) to the PIVOT ASSEMBLY (AG) and the BENCH TUBE (J) using two 1/2 X 6" BOLTS (3) and two 1/2" LOW HEIGHT LOCK NUTS (27). **(Note: Tighten this connection enough to remove excess play yet allow the BENCH TUBE to rotate freely.)**
- Assemble two SEAT HINGES (N) to the tubes on the SEAT ADJUST (M) as shown in FIGURE 15.

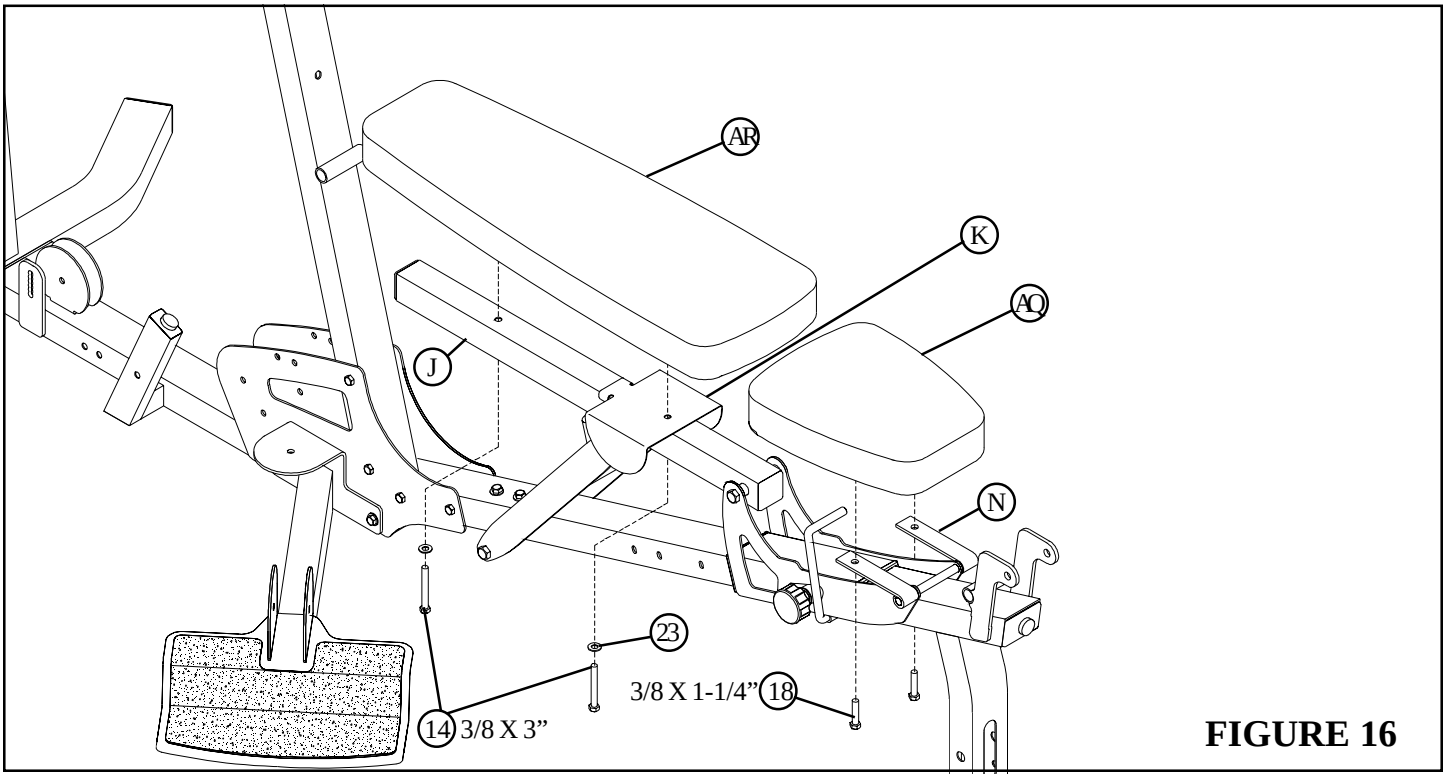


FIGURE 16

STEP 16:

- **SECURELY** assemble the BENCH SEAT PAD (AQ) to the HINGE TABS (N) using two 3/8 X 1" BOLTS (18) See FIGURE 16.
- **SECURELY** assemble the BENCH BACK PAD (AR) to the BENCH BRACKET (K) and the BACK TUBE (J) using two 3/8 X 3" BOLTS (14) and two 3/8" WASHERS (23). See FIGURE 16.

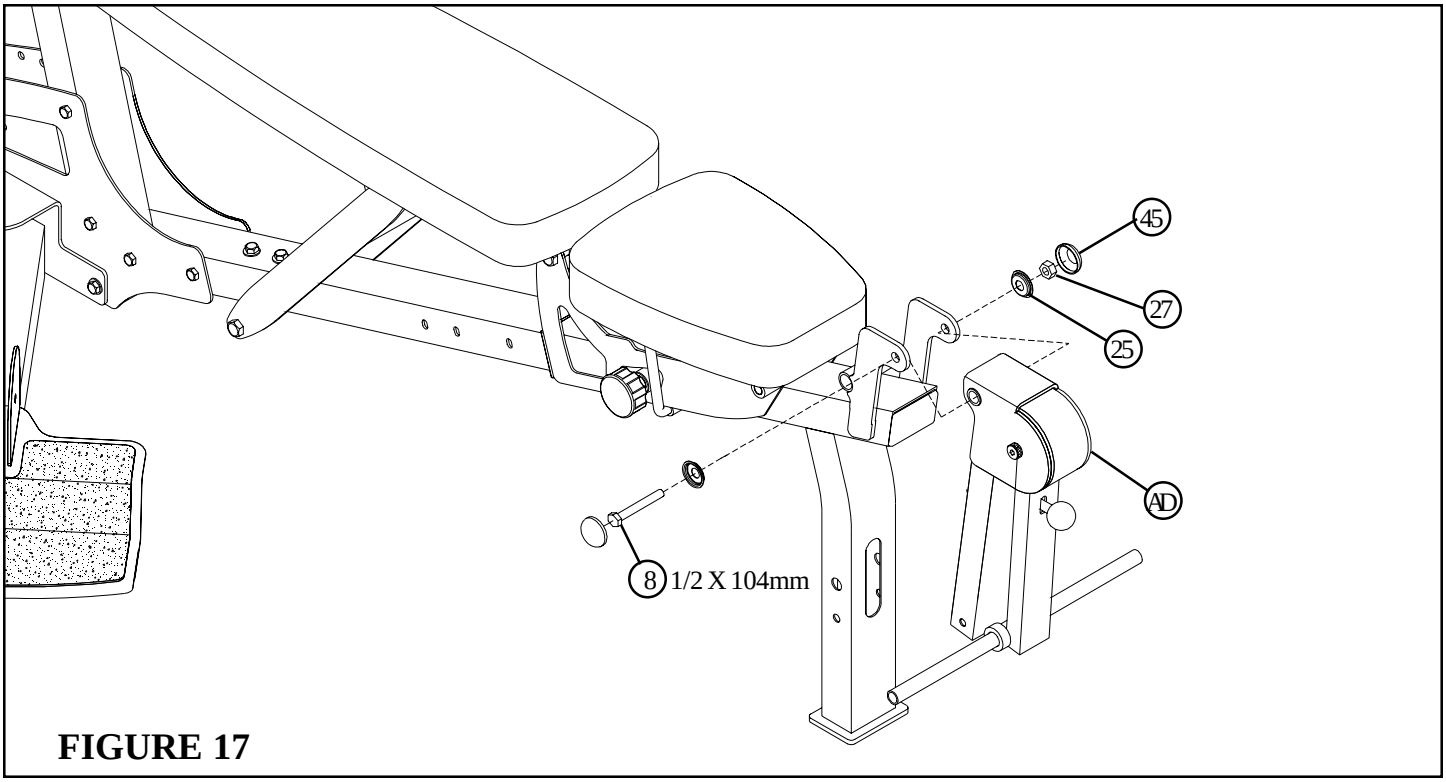


FIGURE 17

STEP 17:

- Assemble the LEG PEDESTAL (AD) to the SEAT FRAME (AF) using one 1/2 X 104mm BOLT (8), two SHIM WASHERS (25), one 1/2" LOCK NUT (27) and two RH CAPS (45). **(Note: Tighten this connection enough to remove excess play yet allow the LEG PEDESTAL to rotate freely.)**

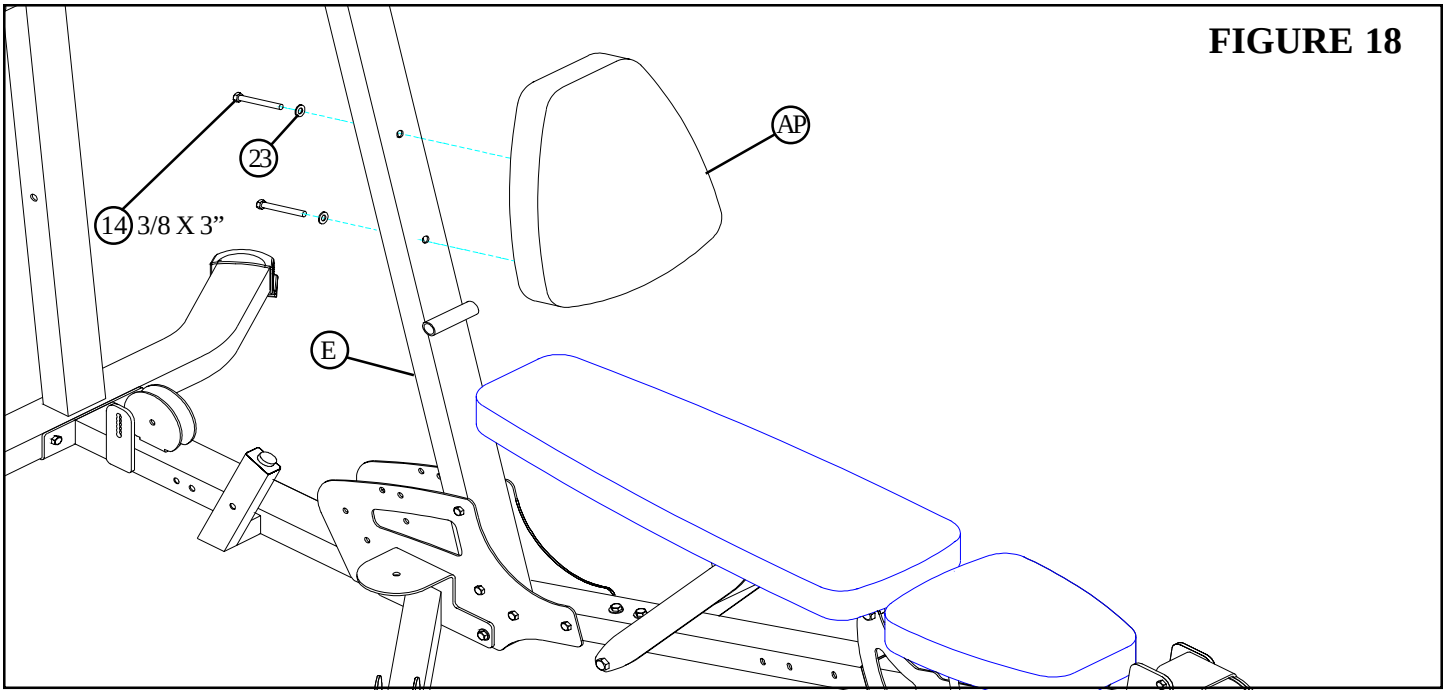


FIGURE 18

STEP 18:

- **SECURELY** assemble one BACK PAD (AP) to the FRONT FRAME (E) using two 3/8 X 3" BOLTS (14) and two 3/8" WASHERS (23). See FIGURE 18.

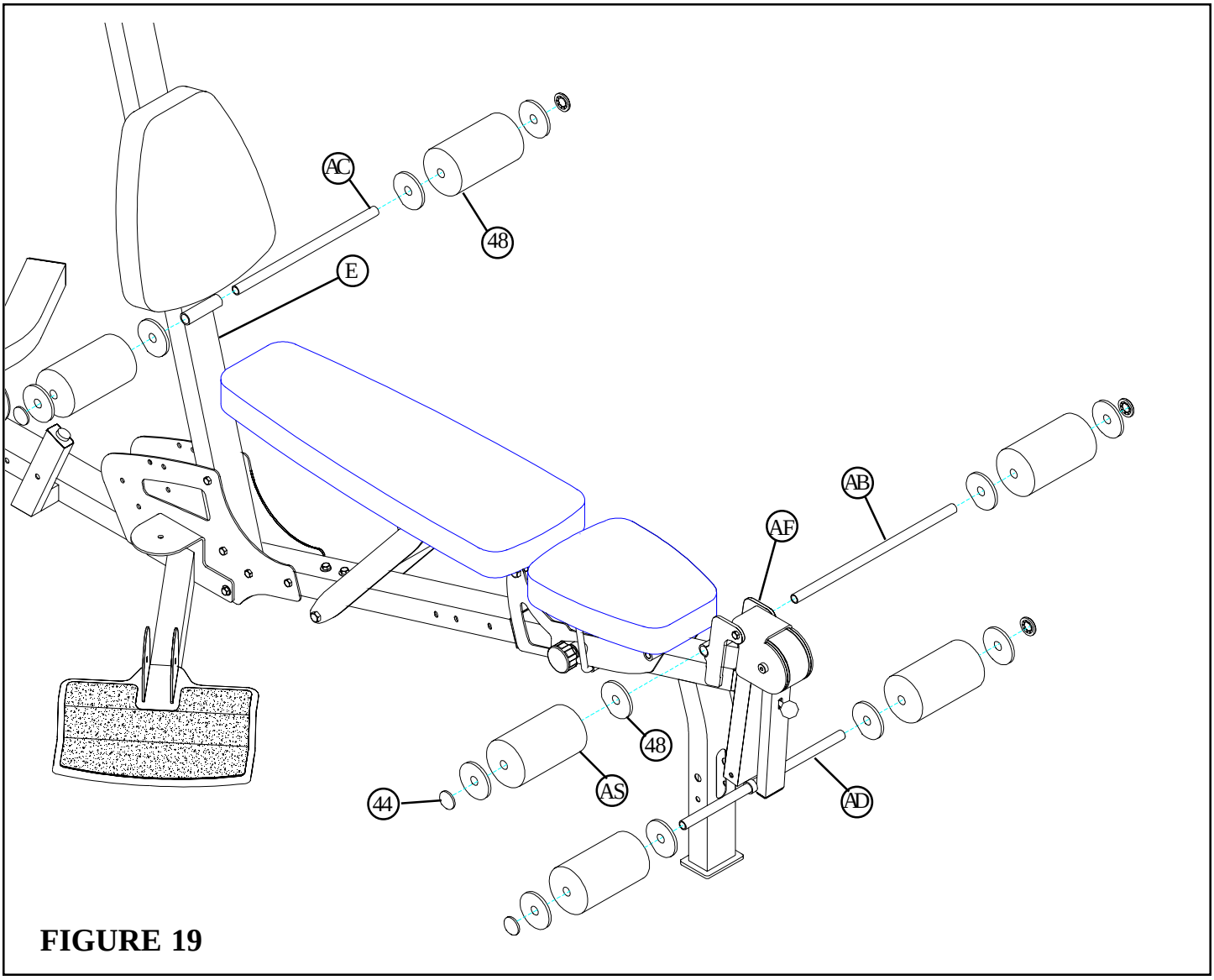


FIGURE 19

STEP 19:

- Assemble two 4 X 7" ROLLER PADS (AS) to the LEG PEDESTAL (AD) using four PLASTIC WASHERS (48) and two STARLOCK COLLARS (44) as shown in FIGURE 19.

- Assemble two 4 X 7" ROLLER PADS (AS) to the SEAT FRAME (AF) using one 3/4 X 19-1/2" TUBE (AB), four PLASTIC WASHERS (48) and two STARLOCK COLLARS (44) as shown in FIGURE 19.

- Assemble two 4 X 7" ROLLER PADS (AS) to the FRONT FRAME (E) using one 3/4 X 19-7/8" TUBE (AC), four PLASTIC WASHERS (48) and two 3/4" STARLOCK COLLARS (44) as shown in FIGURE 19.

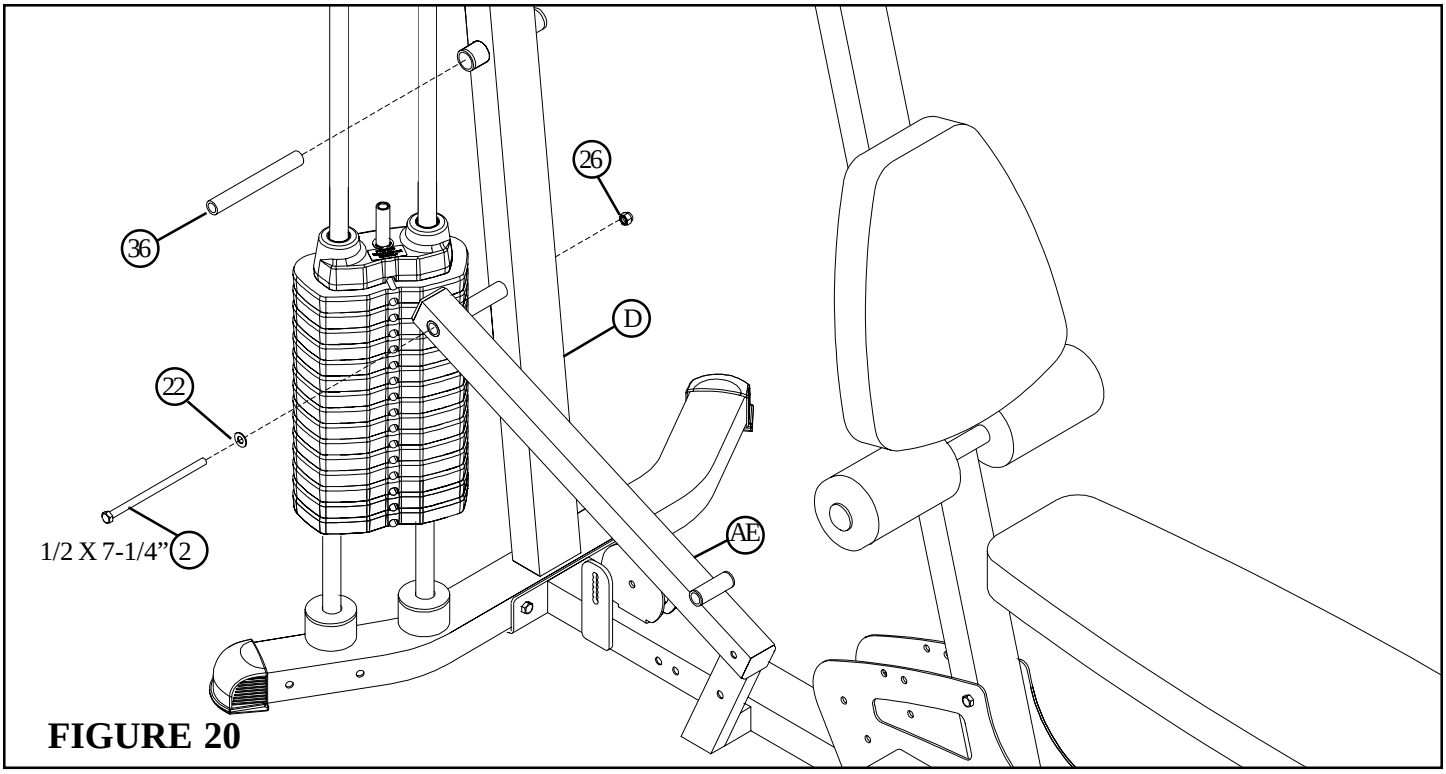


FIGURE 20

STEP 20:

- Insert one 3/4" X 6" SHAFT (36) into the tube on the REAR FRAME (D) as shown.
- **SECURELY** assemble the PRESS LOAD ARM (AE) to the REAR FRAME (D) using one 1/2 X 7-1/4" BOLT (2), one 1/2" WASHER (22) and one 1/2" LOCK NUT (26). **(Note: Tighten this connection enough to remove excess play yet allow the PRESS LOAD ARM to rotate freely.)**

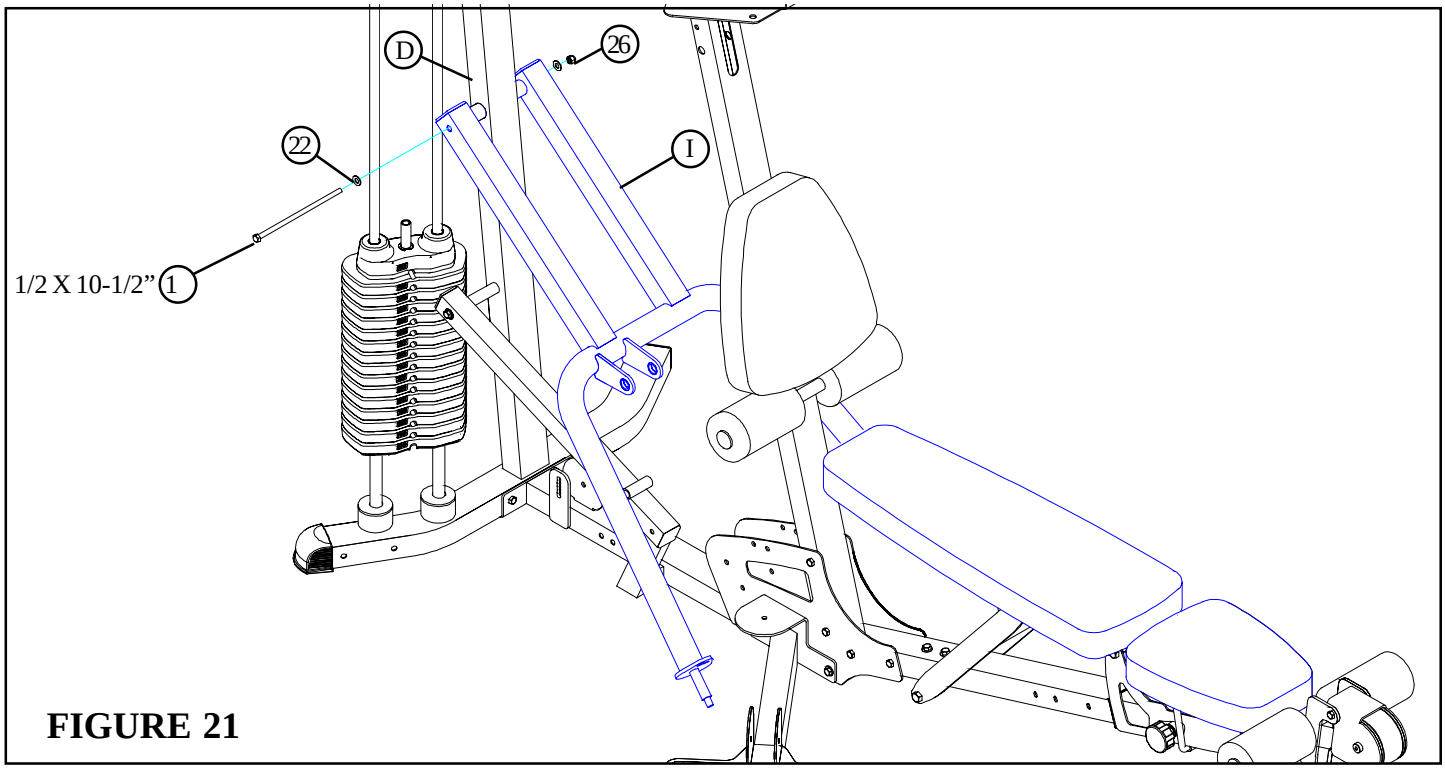


FIGURE 21

STEP 21:

- **SECURELY** assemble the PRESS ARM (I) to the REAR UPRIGHT (D) using one 1/2 X 10-1/2" BOLT (1), two 1/2" WASHERS (22) and one 1/2" LOCK NUT (26) as shown in FIGURE 21.

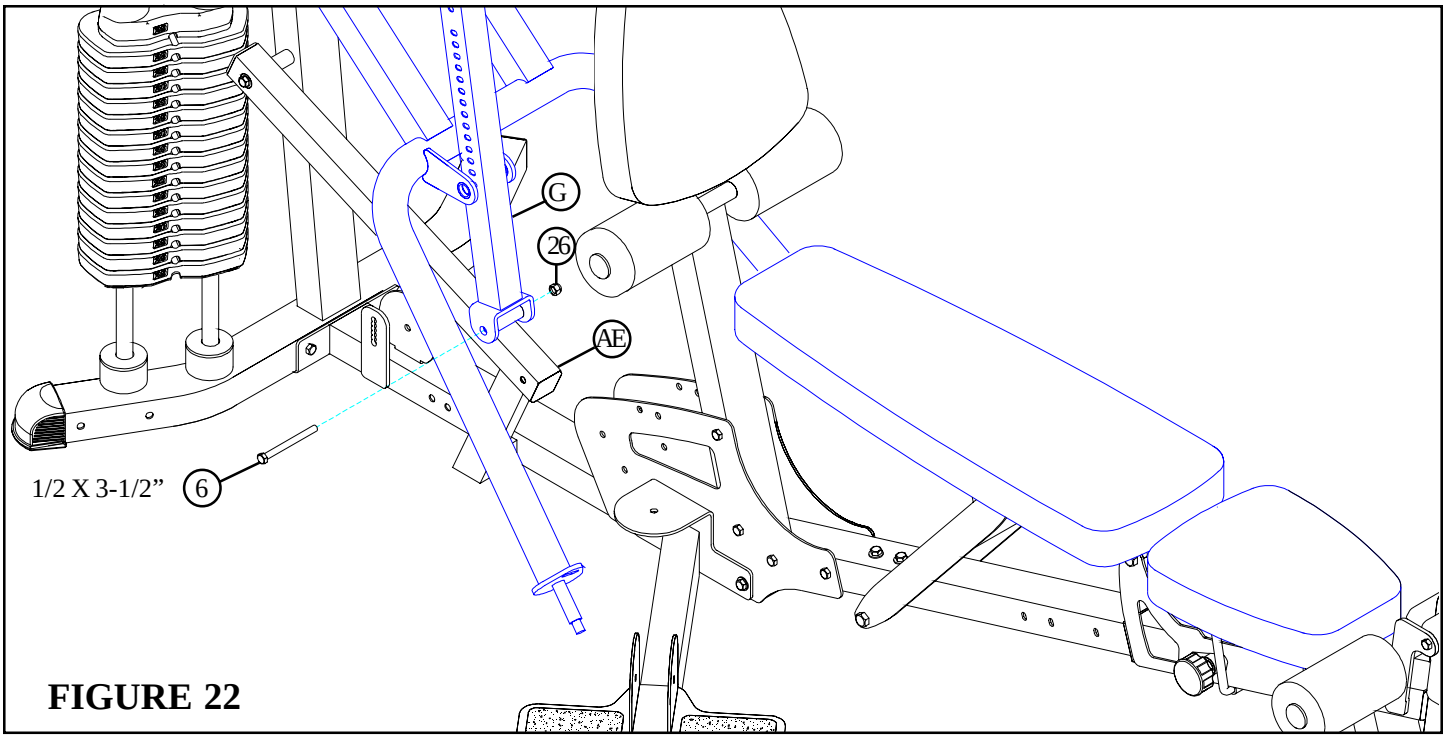


FIGURE 22

STEP 22:

- **SECURELY** assemble the PRESS ARM ADJUSTMENT (G) to the PRESS LOAD ARM (AE) using one 1/2 X 3-1/2" BOLT (6) and one 1/2" LOCK NUT (26) as shown in FIGURE 22.

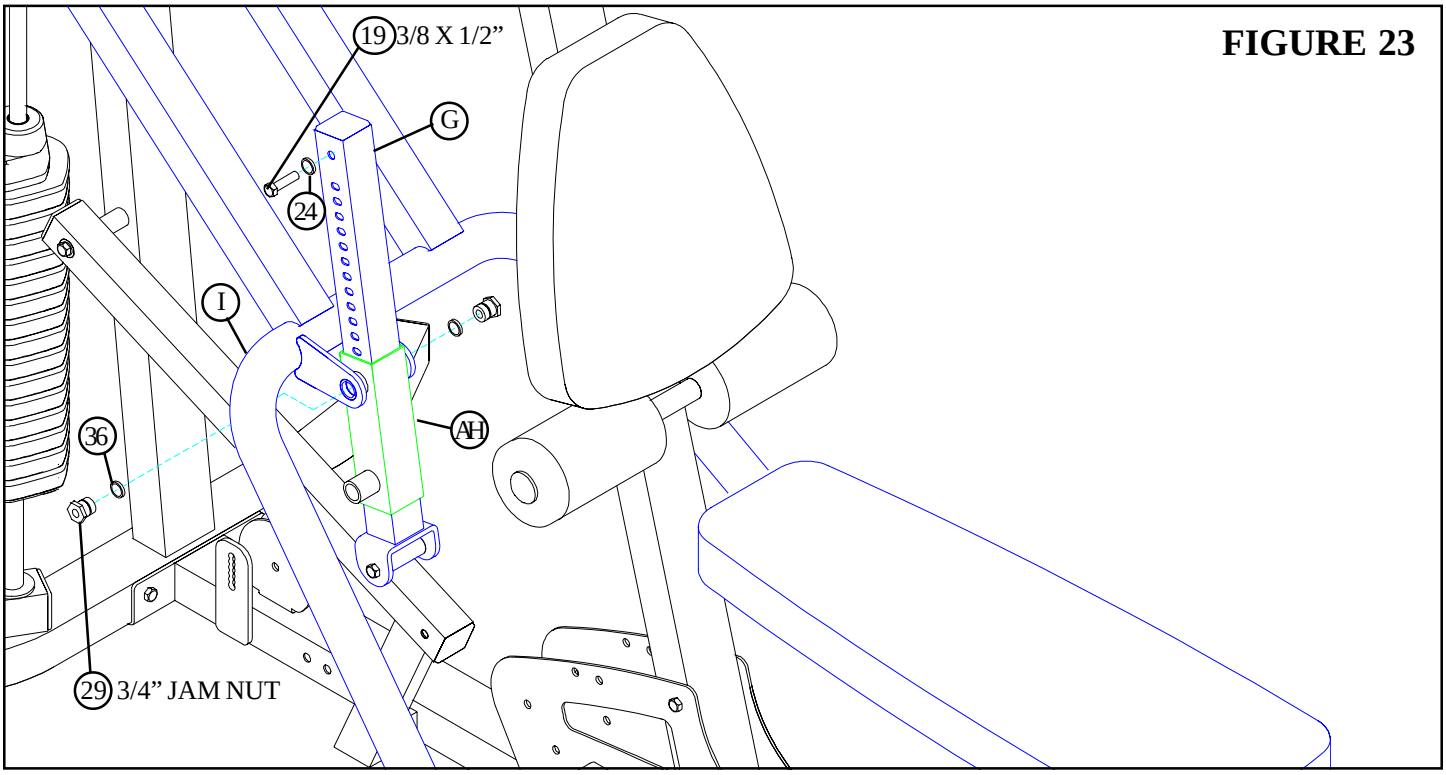


FIGURE 23

STEP 23:

- **SECURELY** assemble the PRESS ARM ADJUSTMENT (G) to the PRESS ARM (I) and the PRESS ARM ADJUSTMENT TUBE (AH) using two 3/4" JAM NUTS (29) and two 1/4" SPACERS (36) as shown in FIGURE 23.

- **SECURELY** assemble one 3/8 X 1/2" BOLT (19) and one SPRING WASHER (24) to the PRESS ARM ADJUSTMENT (G) as shown in FIGURE 23

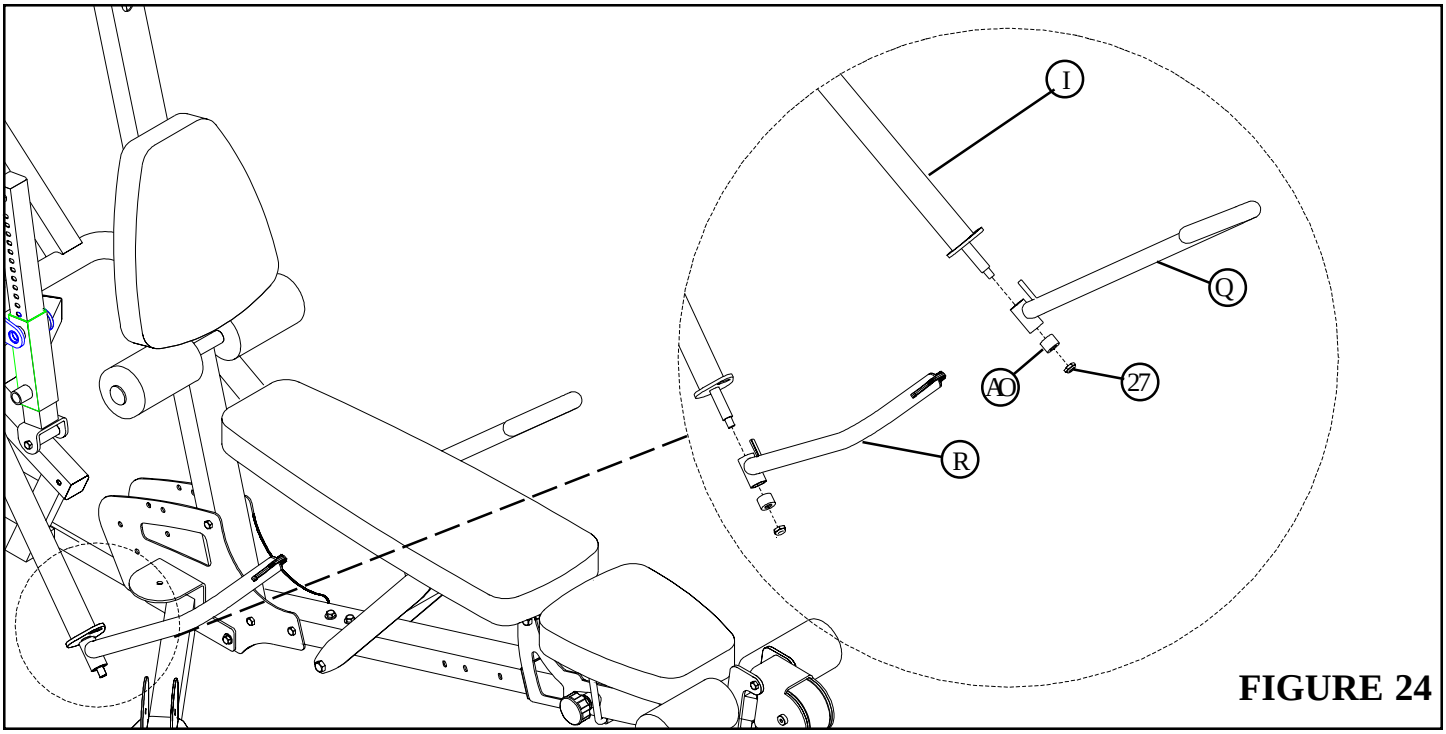


FIGURE 24

STEP 24:

- Assemble the RIGHT PRESS ARM HANDLE (R) to the PRESS ARM (I) using one 25/32" BUMPER (AO) and one 1/2" LOW HEIGHT LOCK NUT (27) as shown in FIGURE 24. **(NOTE: Tighten 1/2" LOW HEIGHT LOCK NUT (27) to remove excess play yet allow the RIGHT PRESS ARM HANDLE (R) to rotate freely.)**

- Assemble the LEFT PRESS ARM HANDLE (Q) to the PRESS ARM (I) using one 25/32" BUMPER (AO) and one 1/2" LOW HEIGHT LOCK NUT (27) as shown in FIGURE 24. **(NOTE: Tighten 1/2" LOW HEIGHT LOCK NUT (27) to remove excess play yet allow the LEFT PRESS ARM HANDLE (Q) to rotate freely.)**

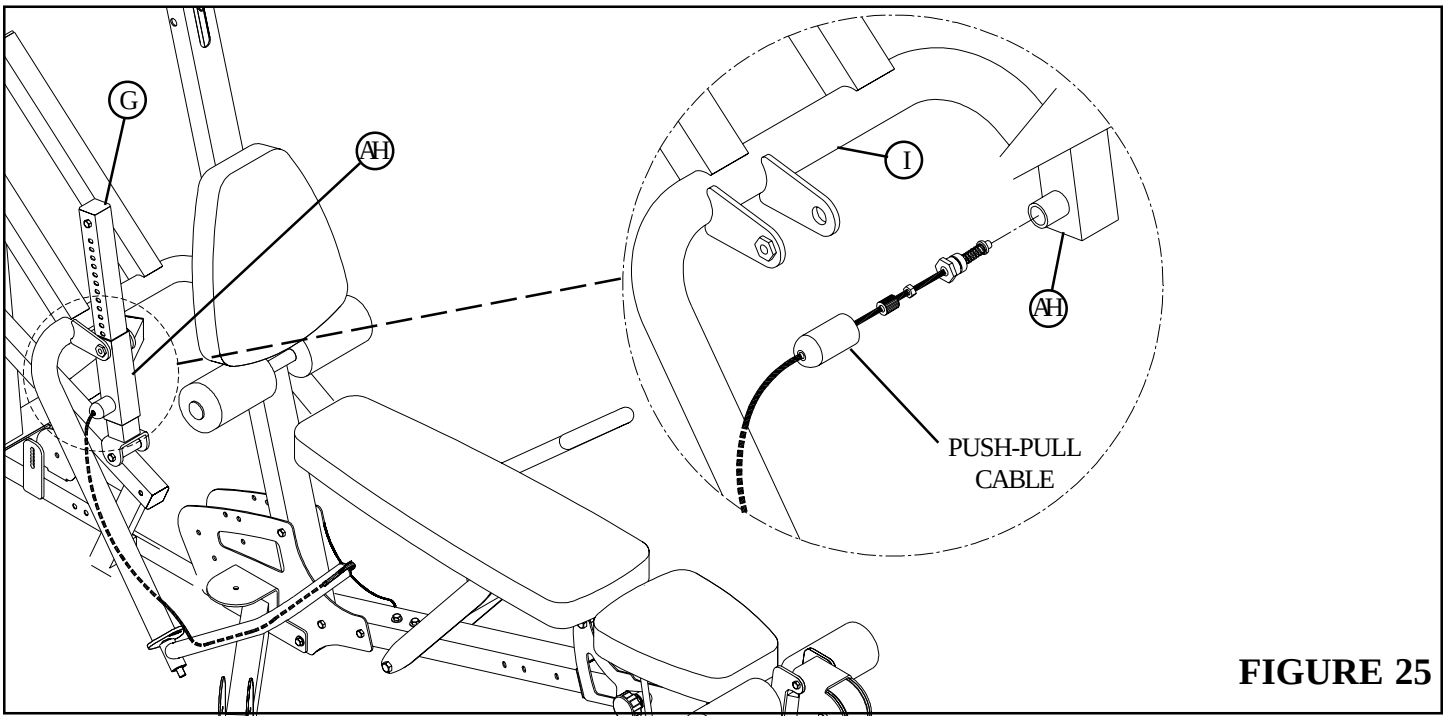


FIGURE 25

STEP 25:

- **SECURELY** assemble the SPRING PIN ASSEMBLY of the PUSH/PULL CABLE to the spring pin barrel on the PRESS ARM ADJUSTMENT TUBE (AH). **(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)**

- Swing the PRESS ARM (I) up until the SPRING PIN of the PUSH/PULL CABLE engages in one of the adjustment holes on the PRESS ARM ADJUSMENT (G).

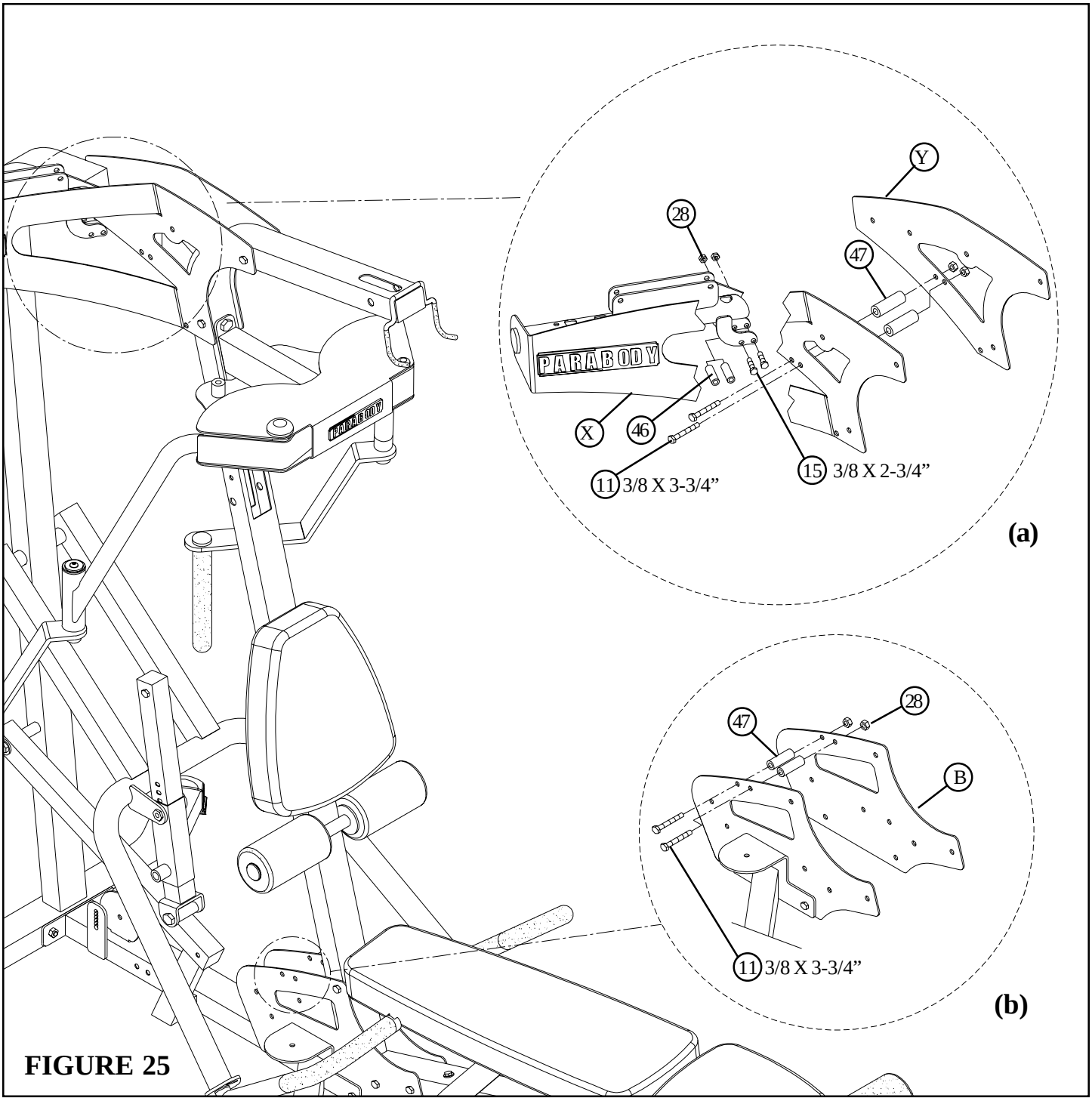


FIGURE 25

STEP 25:

- **SECURELY** assemble two 2" PLASTIC SLEEVES (46) to the RIGHT TOP ASSEMBLY (X) using two 3/8 X 2-3/4" BOLTS (15) and two 3/8" LOCK NUTS (28) as shown in FIGURE 25(a)

- **SECURELY** assemble two 2-29/32" PLASTIC SLEEVES (47) to the RIGHT TOP ASSEMBLY (X) and LEFT TOP PLATE (Y) using two 3/8 X 3-3/4" BOLTS (11) and two 3/8" LOCK NUTS (28) as shown in FIGURE 25(a)

- **SECURELY** assemble two 2-29/32" PLASTIC SLEEVES (47) to the BASE PLATES (B) using two 3/8 X 3-3/4" BOLTS (11) and two 3/8" LOCK NUTS (28) as shown in FIGURE 25(b)

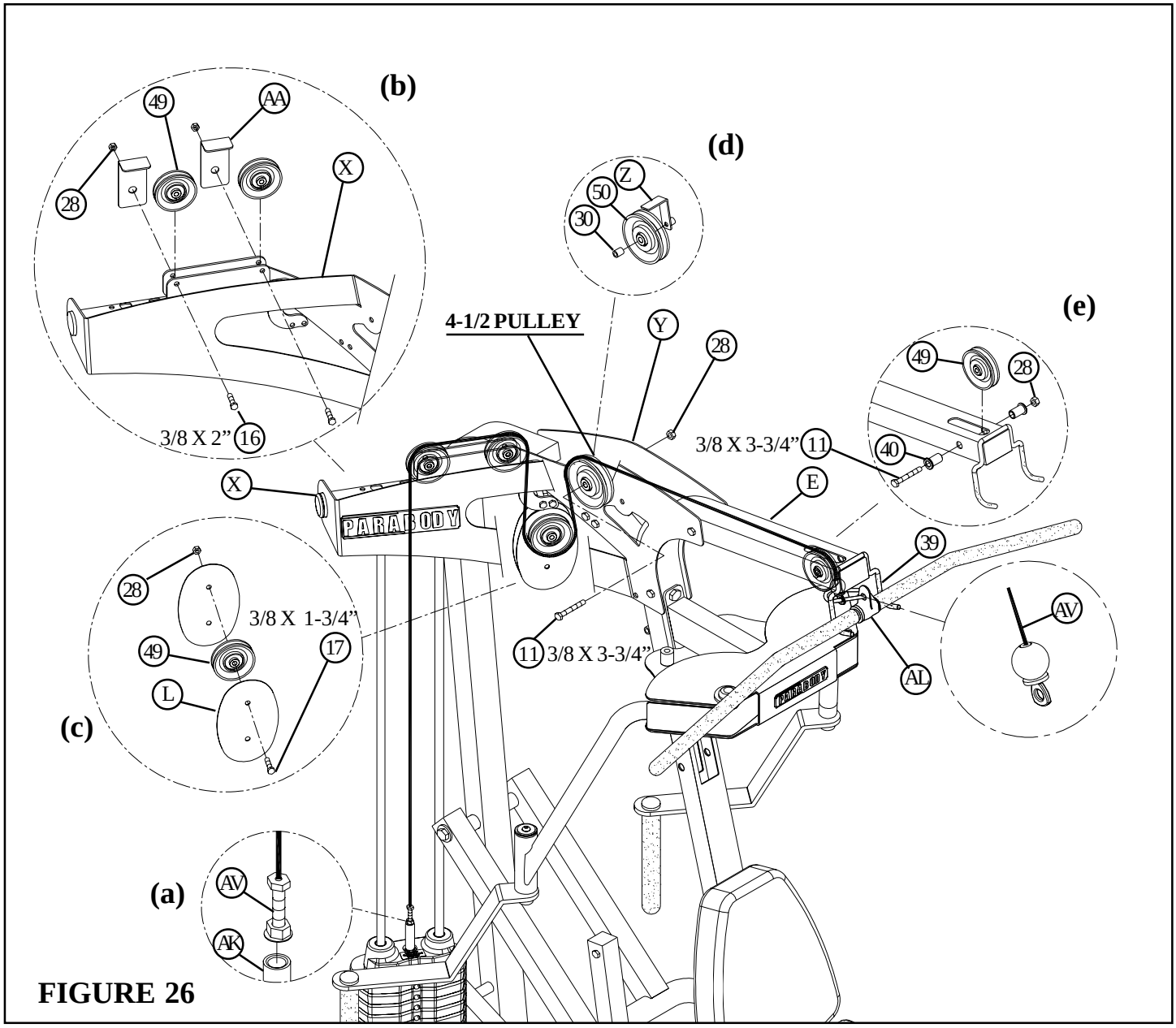


FIGURE 26

STEP 26:

- **IMPORTANT! Uncoil and straighten all CABLES in order to remove all twist prior to installation**
- Screw the long threaded end of the LAT CABLE (AV) into the end of the HEAD PLATE (AK) .See FIGURE 26(a)
- Assemble two 3-1/2" PULLEYS (49) to the RIGHT TOP ASSEMBLY (X) using two 3/8 X 2" BOLTS (16), two L CABLE RETAINER (AA) and two 3/8" LOCK NUTS (28) as shown in FIGURE 26(b)
- Route the LAT CABLE (AV) around the pulleys in the RIGHT TOP ASSEMBLY (X) as shown in FIGURE 26. **(NOTE: Make sure the cable runs in the grooves of the pulleys.)**
- Route the LAT CABLE (AV) around one 3-1/2" PULLEY (49) and assemble two FLOATING PULLEY PLATES (L) to the 3-1/2" PULLEY (49) using one 3/8 X 1-3/4" BOLT (17) and one 3/8" LOCK NUT (28). See FIGURE 26(c)
- Route the LAT CABLE (AV) around one 4-1/2" PULLEY (50) and assemble the PULLEY to the RIGHT TOP ASSEMBLY (X) and the LEFT TOP PLATE (Y) using one 3/8 X 3-3/4" BOLT (11), one 3/8 X 15/16" SPACER (30), one LONG "L" CABLE BRACE (Z) and one 3/8" LOCK NUT (28). See FIGURE 26(d)
- Route the LAT CABLE (AV) around one 3-1/2" PULLEY (49) and assemble the PULLEY to the FRONT FRAME (E) using one 3/8 X 3-3/4" BOLT (11), two 3/8 X 1-1/16" FLANGE SPACERS (40) and one 3/8" LOCK NUT (28). See FIGURE 26(e)
- Assemble the LAT BAR (AL) to the LAT CABLE using one SNAP LINK (39) as shown in FIGURE 26.

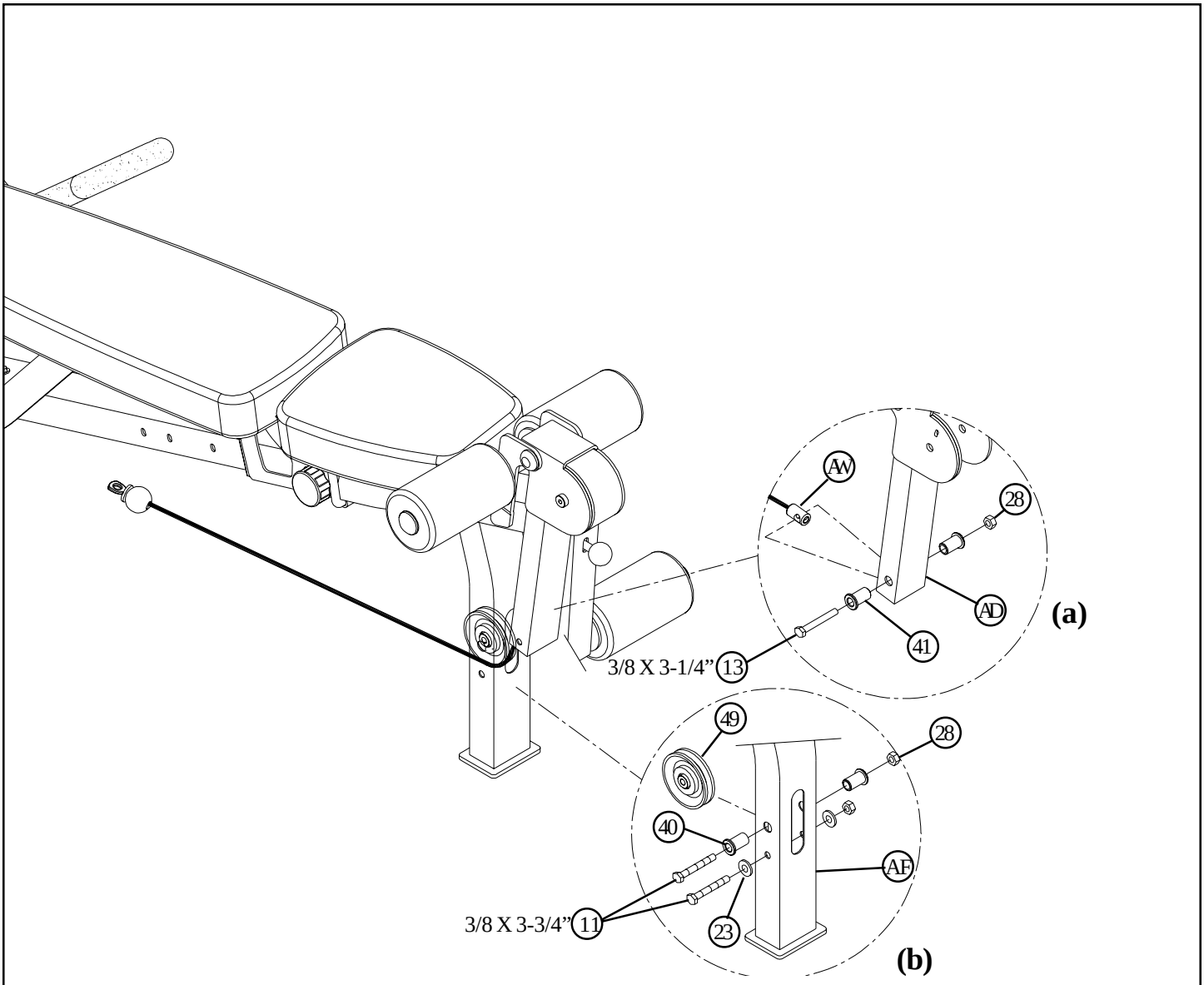


FIGURE 27

STEP 27:

- Route the threaded end of the LOW CABLE (AW) thru theSEAT FRAME (AF) and assemble the swivel end of LOW CABLE (AW) to the LEG PEDESTAL (AD) using one 3/8 X 3-1/4" BOLT (13), two 15/16" FLANGE SPACERS (41) and one 3/8" LOCK NUT (28). See FIGURE 27(a)
- Securely assemble the LOW CABLE (AW) and one 3-1/2" PULLEY (49) to the SEAT FRAME (AF) using two 3/8 X 3-3/4" BOLTS (11), two 3/8 X 1-1/16" FLANGE SPACERS (40), two 3/8" WASHERS (23) and two 3/8" LOCKNUTS (28). See FIGURE 27(b). **(NOTE: The LOW CABLE (AW) must be routed over the retaining bolt as shown in FIGURE 27.)**

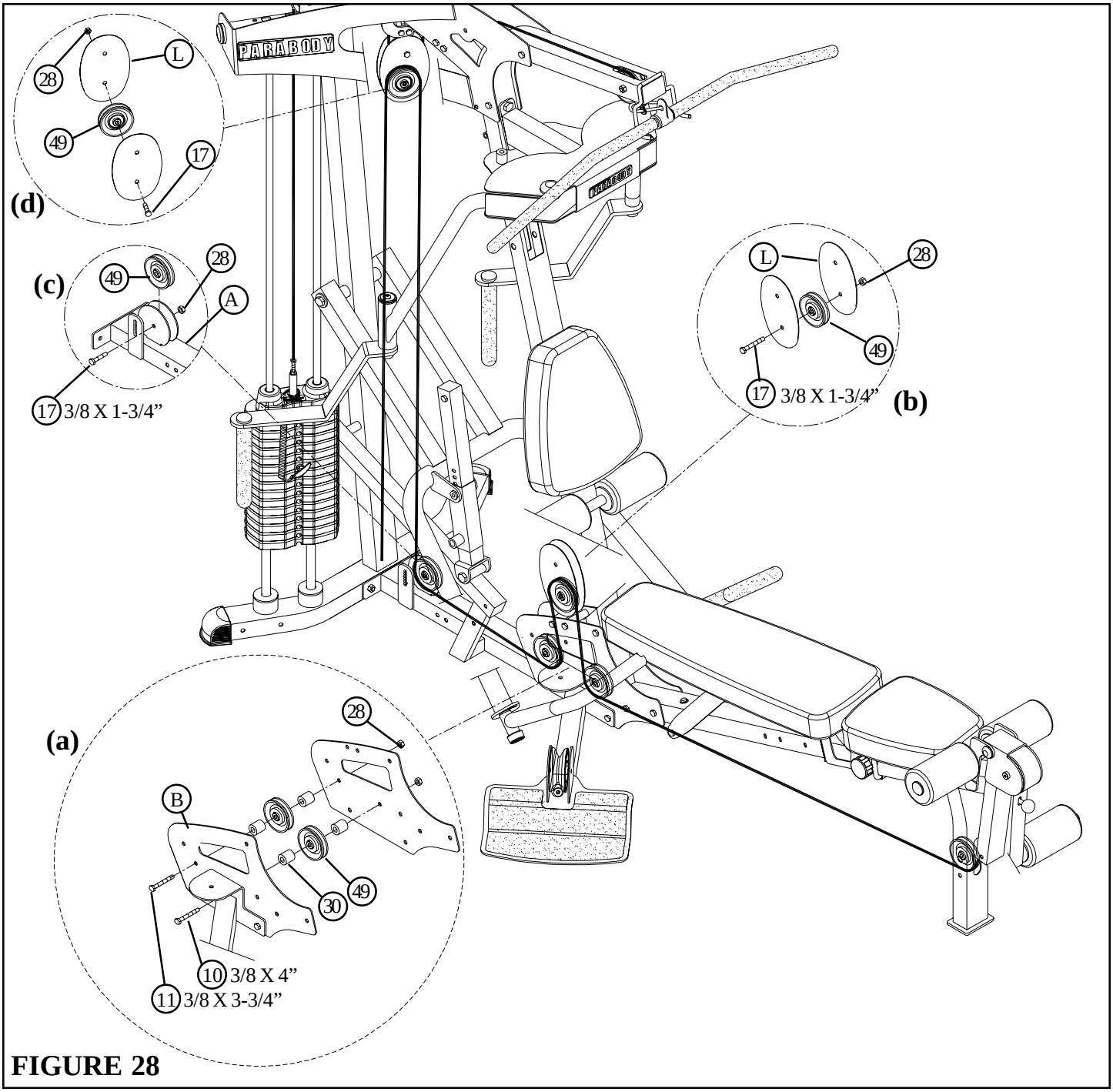


FIGURE 28

STEP 28:

- Assemble one 3-1/2" PULLEY (49) to the BASE PLATES (B) using one 3/8 X 4" BOLT (10), one 3/8 X 15/16" SPACER (30) and one 3/8" LOCK NUT (28). See FIGURE 28(a) **(Note: Loop the LOW CABLE (AW) around the PULLEY prior to assembling the PULLEY to the BASE PLATES.)**
- Route the LOW CABLE (AW) around one 3-1/2" PULLEY (49) and assemble the 3-1/2" PULLEY (49) to the PULLEY PLATES (L) using one 3/8 X 1-3/4" BOLT (17) and one 3/8" LOCK NUT (28). See FIGURE 28(b)
- Assemble one 3-1/2" PULLEY (49) to the BASE PLATES (B) using one 3/8 X 3-3/4" BOLT (11), one 3/8 X 15/16" SPACER (30) and one 3/8" LOCK NUT (28). See FIGURE 28(a) **(Note: Loop the LOW CABLE (AW) around the PULLEY prior to assembling the PULLEY to the BASE PLATES.)**
- Route the LOW CABLE (AW) around one 3-1/2" PULLEY (49) and assemble the 3-1/2" PULLEY (49) to the bracket on the BASE (A) using one 3/8 X 1-3/4" BOLT (17) and one 3/8" LOCK NUT (28). See FIGURE 28(c)
- Route the LOW CABLE (AW) around one 3-1/2" PULLEY (49) and assemble the 3-1/2" PULLEY (49) to the PULLEY PLATES (L) using one 3/8 X 1-3/4" BOLT (17) and one 3/8" LOCK NUT (28). See FIGURE 28(d)

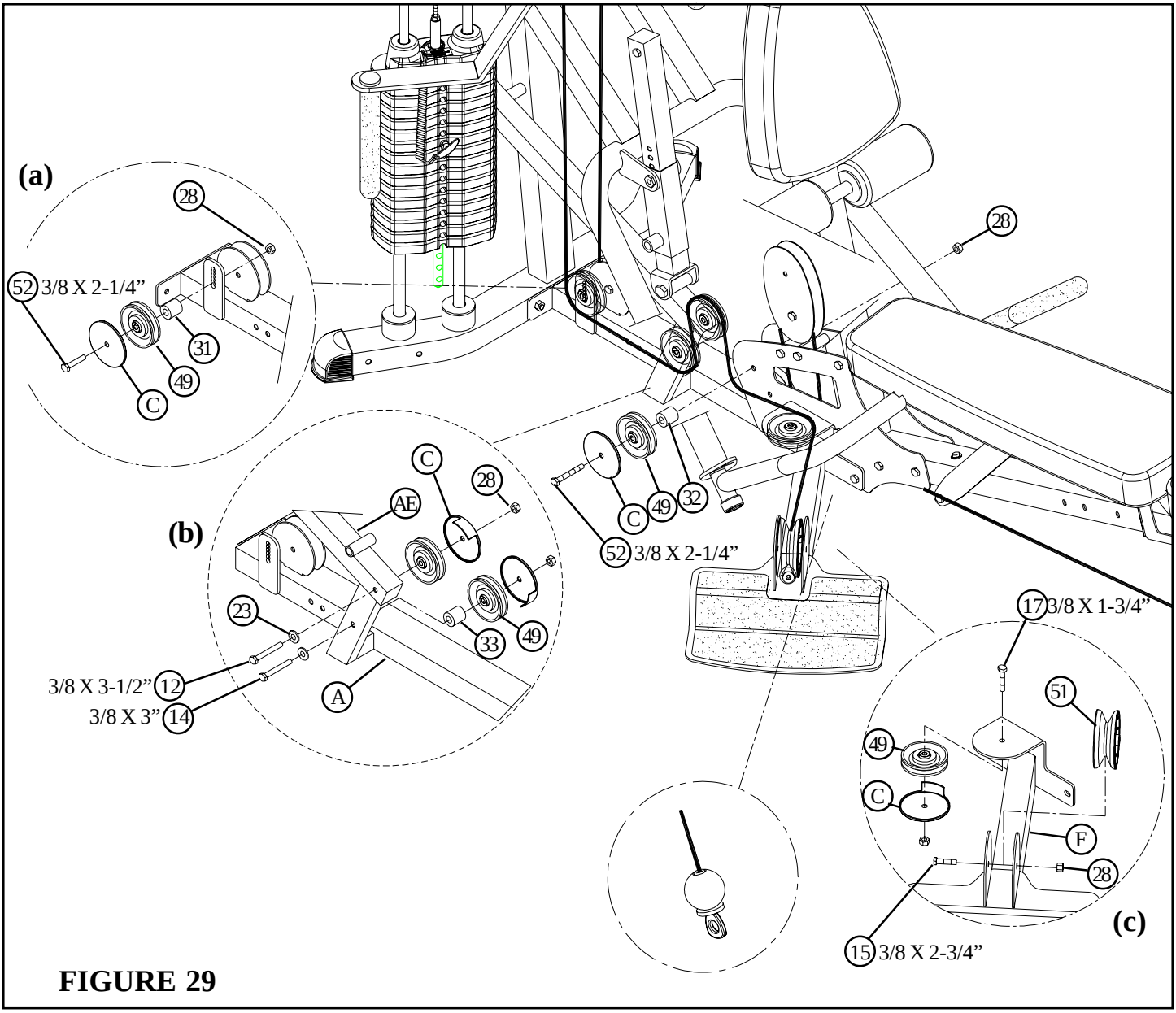
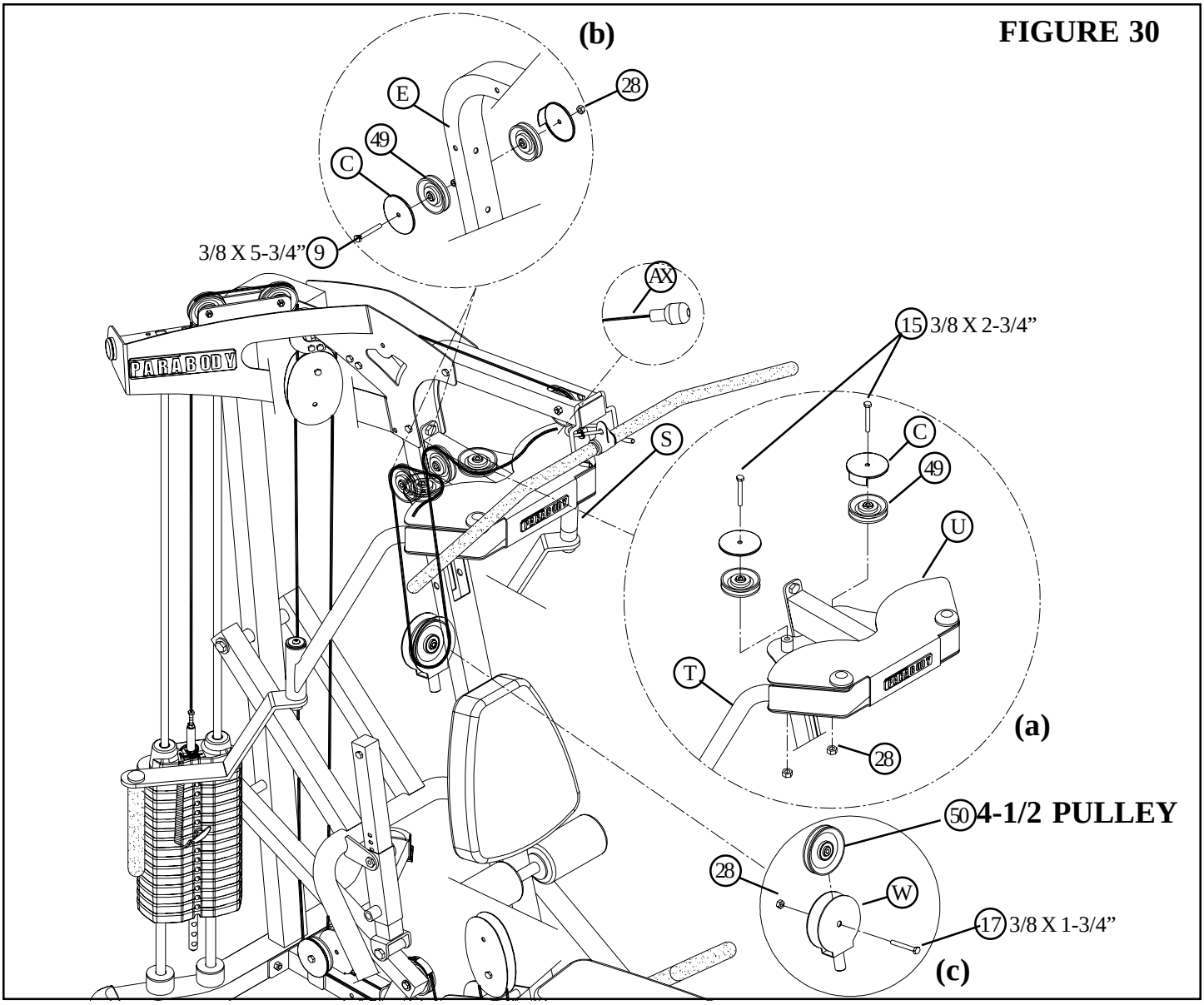


FIGURE 29

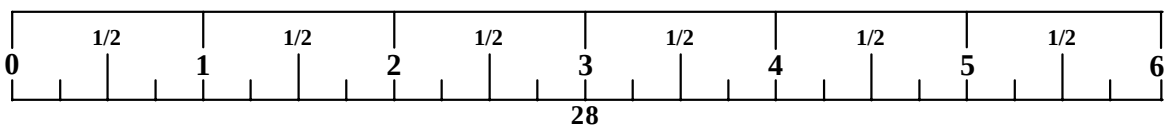
STEP 29:

- Assemble one 3-1/2" PULLEY (49) to the bracket on the BASE (A) using one 3/8 X 2-1/4" BOLT (52),one 3-1/2" PULLEY GUARD (C), one 3/8" SPACER (31) and one 3/8" LOCK NUT (28). See FIGURE 29(a) **(Note: Loop the LOW CABLE (45) around the PULLEY prior to assembling the PULLEY to the BASE .)**
- Assemble one 3-1/2" PULLEY (49) to the tube on the BASE (A) using one 3/8 X 3" BOLT (14), one 3/8 WASHER (23) one 3-1/2" PULLEY GUARD (C), one 13/32" SPACER (33) and one 3/8" LOCK NUT (28). See FIGURE 29(b) **(Note: Loop the LOW CABLE (AW) around the PULLEY prior to assembling the PULLEY to the BASE .)**
- Assemble one 3-1/2" PULLEY (49) to the PRESS LOAD ARM (AE) using one 3/8 X 3-1/2" BOLT (12), one 3/8 WASHER (23) one 3-1/2" PULLEY GUARD (C) and one 3/8" LOCK NUT (28). See FIGURE 29(b) **(Note: Loop the LOW CABLE (AW) around the PULLEY prior to assembling the PULLEY to the PRESS LOAD ARM .)**
- Assemble one 3-1/2" PULLEY (49) and one 3-1/2" PULLEY GUARD (C) to the BASE (B) using one 3/8 X 2-1/4" BOLT (52), one 3/8 X 7/16" SPACER (33) and one 3/8" LOCK NUT (28). See FIGURE 29. **(Note: Loop the LOW CABLE (AW) around the PULLEY prior to assembling the PULLEY to the BASE.)**
- Route the LOW CABLE (AW) around one 3-1/2" PULLEY (49) and assemble to the horizontal bracket on the FOOT FRAME (F) using one 3/8 X 1-3/4" BOLT (17), one 3-1/2" PULLEY GUARD (C) and one 3/8" LOCK NUT (28). See FIGURE 29(c)
- Route the LOW CABLE (AW) under one 4-1/2" V-GROOVE PULLEY (51) and assemble the 4-1/2" V-GROOVE PULLEY (50) to the vertical bracket on the FOOT FRAME (F) using 3/8 X 2-3/4" BOLT (15) and one 3/8" LOCK NUT (28). See FIGURE 29(c)



STEP 30:

- Securely assemble the PEC FLY CABLE (AX) to the RIGHT PEC FLY ARM (T) as shown in FIGURE 30(a)
- Assemble one 3-1/2" PULLEY (49) to the PEC FLY MOUNT (13) using one 3/8 X 2-3/4" BOLT (15), one 3-1/2" PULLEY GUARD (C) and one 3/8" LOCK NUT (28). See FIGURE 30(a) **(Note: Loop the PEC FLY CABLE (AX) around the PULLEY prior to assembling the PULLEY to the PEC FLY MOUNT.)**
- Assemble two 3-1/2" PULLEYS (49) to the FRONT FRAME (E) using one 3/8 X 5-3/4" BOLT (9), two 3-1/2" PULLEY GUARDS (C) and one 3/8" LOCK NUT (28). See FIGURE 30(b) **(Note: Loop the PEC FLY CABLE (AX) around the PULLEY prior to assembling the PULLEY to the FRONT FRAME.)**
- Route the PEC FLY CABLE (AX) around one 4-1/2" PULLEY (50) and assemble the 4-1/2" PULLEY (50) to the FLOATING PULLEY BRACKET (W) using one 3/8 X 1-3/4" BOLT (17) and one 3/8" LOCK NUT (28). See FIGURE 30(c)
- Assemble one 3-1/2" PULLEY (49) to the PEC FLY MOUNT (U) using one 3/8 X 2-3/4" BOLT (15), one 3-1/2" PULLEY GUARD (C) and one 3/8" LOCK NUT (28). See FIGURE 30(a) **(Note: Loop the PEC FLY CABLE (AX) around the PULLEY prior to assembling the PULLEY to the PEC FLY MOUNT.)**
- Securely assemble the PEC FLY CABLE (AX) to the LEFT PEC FLY ARM (S) as shown in FIGURE 30.



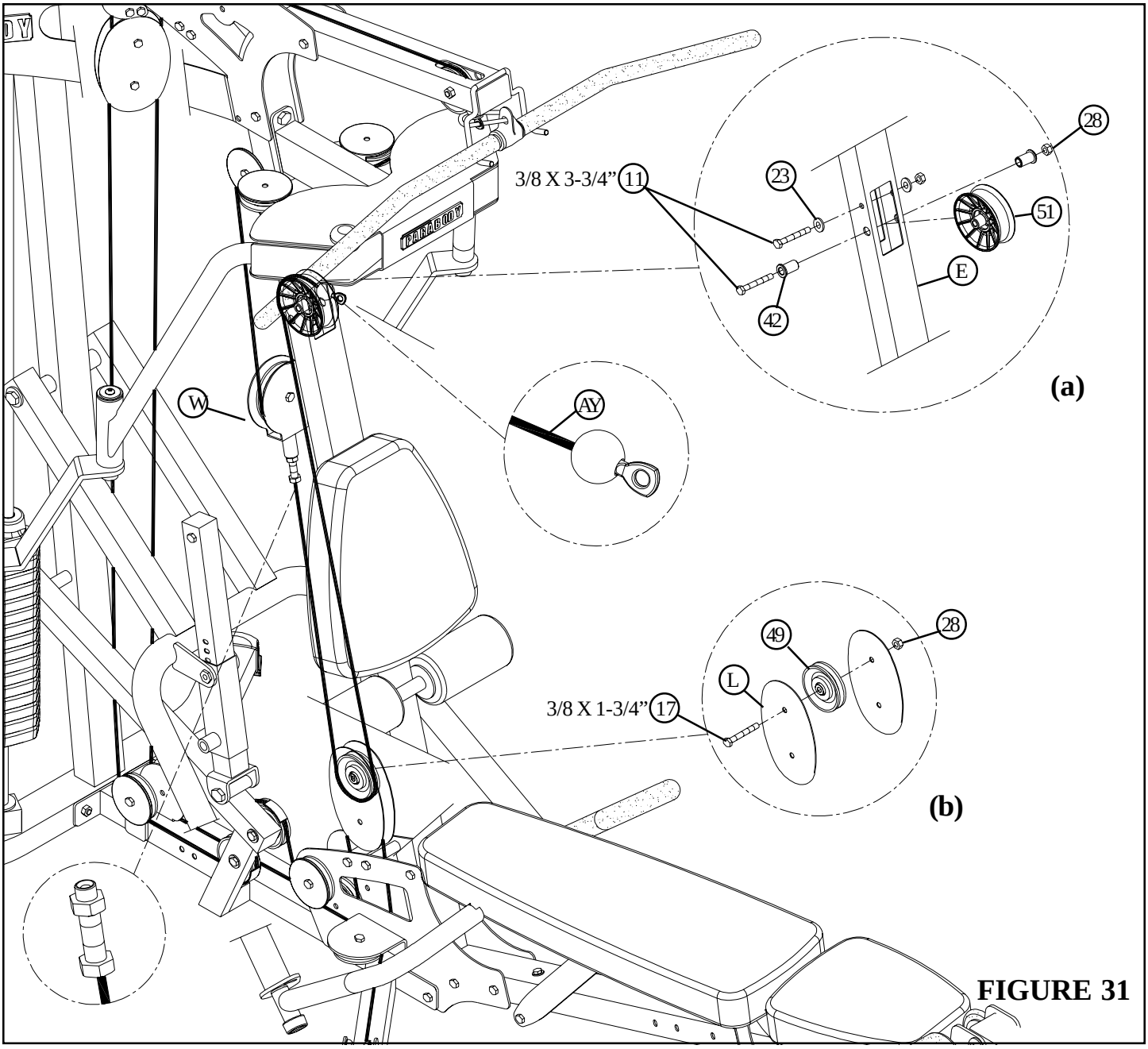


FIGURE 31

STEP 31:

- Securely assemble the ball end of the AB CRUNCH CABLE (AY) and one 4-1/2" V-PULLEY (51) to the FRONT FRAME (E) using two 3/8 X 3-3/4" BOLTS (11), two 3/8 X 19/32" FLANGE SPACERS (42), two 3/8" WASHERS (23) and two 3/8" LOCKNUTS (28). See FIGURE 31(a) **(NOTE: The AB CRUNCH CABLE (44) should be routed underneath the retaing bolt as shown in FIGURE 31.)**
- Route the AB CRUNCH CABLE (AY) around one 3-1/2" PULLEY (49) and assemble the 3-1/2" PULLEY (49) to the PULLEY PLATES (L) using one 3/8 X 1-3/4" BOLT (17) and one 3/8" LOCK NUT (28). See FIGURE 31(b)
- Screw the threaded end of the AB CABLE (AY) into the end of the FLOATING PULLEY BRACKET (W) .See FIGURE 31.

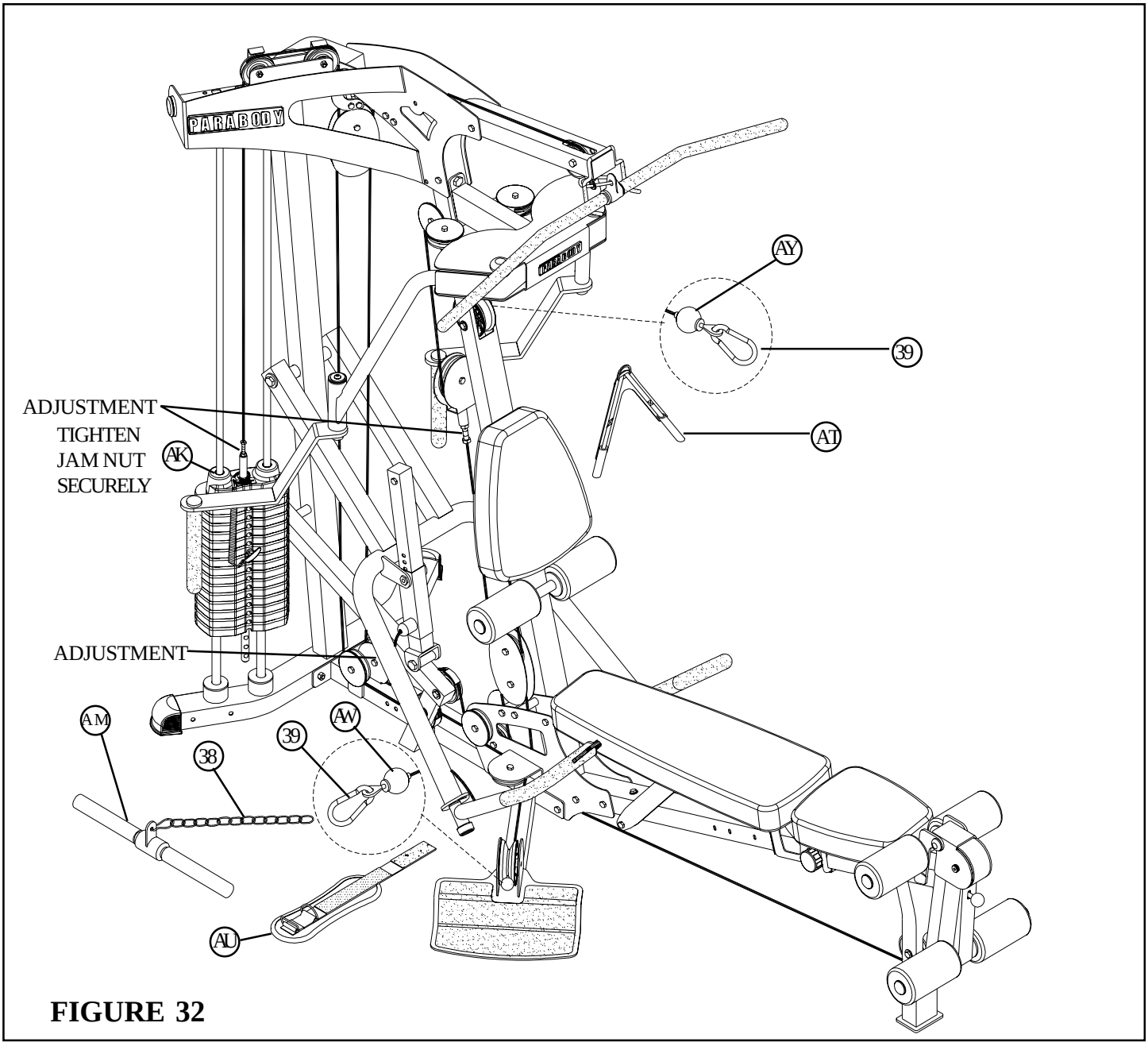


FIGURE 32

STEP 32:

- If upon completion of assembly, the HEAD PLATE (AK) does not sit on top of the first WEIGHT PLATE, push the HEAD PLATE (AK) down, insert the WEIGHT SELECTOR PIN and perform several repetitions at the press station.This will relax the cable system and prevent the HEAD PLATE (AK) from lifting up. See FIGURE 32.
- If after completing previous step, the HEAD PLATE (AK) still does not sit on top of the first WEIGHT PLATE or if there is excess slack in the cable system, adjust the threaded end of the LAT CABLE (AV) and FLOATING PULLEY BRACKET (W) accordingly and retighten the jam nuts. See figure 32.
- For maximum performance, the HEAD PLATE (AK should just barely sit on the top WEIGHT PLATE
- Attach the LOW ROW BAR (AM) to the ball end of LAT CABLE (AV) using one SNAP LINK (39) as shown in FIGURE 32.
- Attach the ANKLE STRAP (AU) to the 12 LINK CHAIN (38) using one SNAP LINK (39) as shown in FIGURE 32
- Attach the AB STRAP (AT) to the ball end of LOW CABLE (AW) using one SNAP LINK (39) as shown in FIGURE 32.

Thank you for purchasing the ParaBody GS6 Gym System. If unsure of proper use of equipment, call your local ParaBody distributor or call the ParaBody customer service department at (800) 328-9714

MAINTENANCE

Please note:

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your ParaBody customer service representative at (800) 328-9714.

* Inspect equipment daily. Tighten all loose connections are replace worn parts immediately. Failure to do so may result in serious injury

* Lubricate guide rods with a teflon based (or equivalent) lubricant on a regular basis

*** PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**

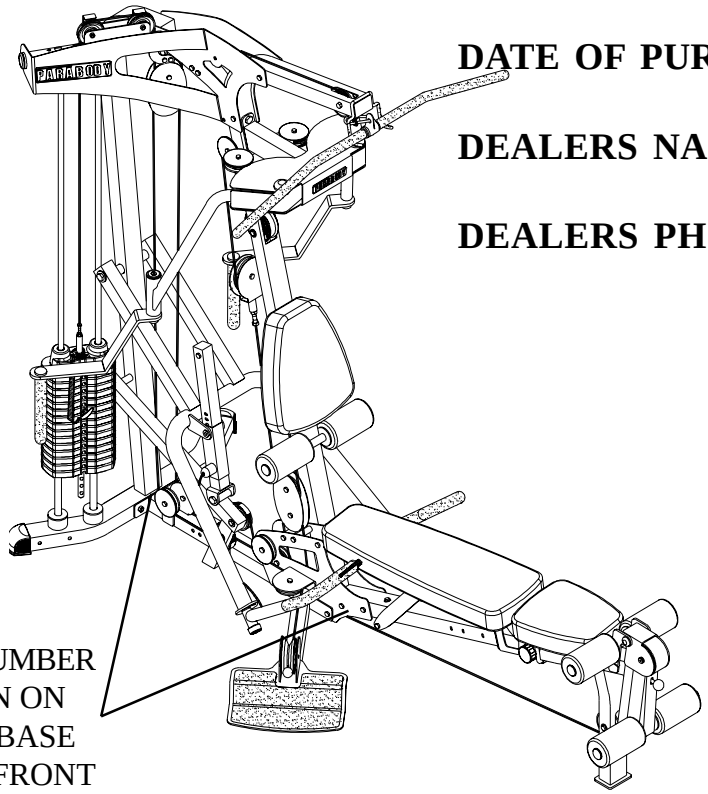
MODEL #_____

SERIAL #_____

DATE OF PURCHASE: _____

DEALERS NAME: _____

DEALERS PHONE #_____



SERIAL NUMBER LOCATION ON BACK OF BASE AND ON FRONT UPRIGHT

Thank you for purchasing the ParaBody GS6 Gym System

L I M I T E D W A R R A N T Y

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. LIMITED WARRANTY ON FRAME AND WELDS. If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

2. LIMITED WARRANTY ON PARTS. If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

3. LIMITED WARRANTY ON CABLES AND UPHOLSTERY. If the coated cables or upholstery are defective in material or workmanship, ParaBody will repair or replace them, at its option. Terms: Three (3) years.

4. CONDITIONS AND EXCEPTIONS. Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.

5. REPLACEMENT AND REPAIR EXPENSES. ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.

6. SHIPPING. If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.

7. CLAIM PROCEDURES. If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.

8. OWNER'S RIGHT. This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.

9. LIMITATION OF IMPLIED WARRANTIES. All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.

10. DISCLAIMER. No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

NOTES:

LIFE FITNESS CONSUMER DIVISION

14150 Sunfish Lake Blvd. Ramsey Minnesota, 55303 U.S.A.
Tel: 763.323.4500 Fax: 763.323.4797
800.328.9714 (Toll-free within the U.S. and Canada)
www.parabody.com

INTERNATIONAL OFFICES

Life Fitness Atlantic BV
Atlantic Headquarters
Bijdorpplein 25-31
2992 LB Barendrecht
The Netherlands
Phone: (180) 646 666
Fax: (180) 646 703

Life Fitness EUROPE GmbH
Siemensstrasse 3
85716 Unterschleissheim
Germany
Phone: (089) 31 77 51-0
Fax: (089) 31 77 51 99

Life Fitness Italia S.R.L.
Via Elvas 92
39042 Bressanone
Italy
Phone: 39 (472) 835-470
Fax: 39 (472) 833-150

Life Fitness Asia Pacific Limited
Room 2610, Miramar Tower
132 Nathan Road, Tsimshatsui
Kowloon, Hong Kong
Phone: (852) 2891-6677
Fax: (852) 2575-6001

Life Fitness (UK) Ltd.
Queen Adelaide
Ely, Cambs CB7 4UB
United Kingdom
Phone CSS: (01353) 665507
Fax CSS: (01353) 666719

Life Fitness Benelux N.V.
Bijdorpplein 25-31
2992 LB Barendrecht
The Netherlands
Phone: 31 (180) 64 66 69
Fax: 31 (180) 64 66 99

Life Fitness Japan
8/F, Nippon Brunswick Building
5-27-7 Sendagaya
Shibuya-Ku, Tokyo 151-0051
Japan
Phone: 81 (3) 3359-4309
Fax: 81 (3) 3359-4307

Life Fitness Do Brazil
Al. Rio Negro, 433-Predio 2-Sala 2
3º andar (Confab)
Aplhaville-Barueri-Sao Paulo
CEP: 06454-904
Brazil
Phone: 55 (11)7295-2217
Fax: 55 (11) 7295-2218